B WELL
FITNESS CLUB

GYM RULES

BEFORE YOU TRAIN

- Complete the PAR-Q health questionnaire before your first session, and tell a coach about any injury or medical condition.
- Book every class and Open Gym session in the B Well app. Sessions are one hour.

ON THE GYM FLOOR

- Wear clean indoor trainers and suitable gym clothing. Bring a towel and use it on benches and mats.
- Wipe down equipment after use with the spray and paper provided.
- Return dumbbells, plates, kettlebells and bars to their racks. Strip bars when you finish.
- Use collars on loaded bars and ask a coach if you need a spotter.
- Do not drop weights unless you are using bumper plates on the lifting platform.

RESPECT FOR OTHERS

- Share equipment during busy times and let others work in between sets.
- Keep phone calls off the gym floor and use headphones for music.
- Members under 18 train only with a coach or as part of a supervised session.

SAFETY

- Report any damaged equipment or injury to a member of staff straight away.
- Know where the first aid kit and fire exits are. Staff will show you on your first visit.
- B Well may refuse access to anyone who breaks these rules or puts others at risk.

Last reviewed: November 2026. Sample document for demonstration.