

SPT RULES

Shared Personal Training (SPT) participants must:

- ✓ arrive 5 minutes early out of respect for others, to avoid disruption and to ensure the session starts on time. Late arrivals cannot enter
- ✓ if you are over 35 and not used to exercise, have a known medical condition or are returning from an illness or injury you must provide a medical clearance stating that your conditions are “stable and managed”
- ✓ bring medical plans and medically recommended devices such as asthma inhaler, epi-pen
- ✓ keep driveway clear in the event of an emergency
- ✓ don a face mask if the conditions of entry criteria are met
- ✓ don clean indoor sneakers to protect floors and equipment
- ✓ leave jackets and bulky items in your vehicle or crate provided
- ✓ warm up independently prior to your session
- ✓ cool down and stretch independently when the session concludes
- ✓ drink water, apply deodorant, don and doff face masks, cough and sneeze outside
- ✓ be courteous and treat others with respect
- ✓ not eat or chew gum, smoke or vape on the premise
- ✓ not leave the studio or courtyard without informing instructor
- ✓ cease exercise if in pain
- ✓ bring and apply hand sanitiser
- ✓ comply with all Company terms and conditions and verbal instructions