

iDefine Personal Training Studio Policy

All Members of iDefine Health & Fitness Studio, must abide by the following guidelines at all times:

Studio Accreditation:

For insurance purposes, all participants must have completed a Pre-Questionnaire before using any equipment.

Conduct:

Members must respect their fellow users at all times.

Members must observe directions/instructions given by iDefine Health & Fitness staff.

Derogative comments or abusive language will not be tolerated.

Inappropriate or disruptive behaviour will not be tolerated.

No mobile in use during a training session.

No Food or Alcohol is allowed in the studio.

We expect you to turn up to sessions on time.

Clothing/Hygiene:

Towels must be used on the equipment during a workout. Members are also encouraged to bring a water bottle with them during their workouts.

A minimum of a singlet top or crop top and shorts must be worn at all times within iDefine premises.

Covered footwear (not working boots) is to be worn at all times. Sandals and thongs will not be permitted.

Members are reminded to maintain personal hygiene (i.e. deodorant) at all times whilst in the studio.

Gym Equipment:

In consideration of your fellow members please:

Return weights to their weight stack after use.

Do not drop weights or leave weights lying on the floor.

Wear inners when using the boxing equipment.

Any equipment fault is to be reported immediately to an iDefine staff member.

Age Restrictions:

The minimum age for members is 16 years and above.

Entry between age 12 to 15 years can be granted providing that parent/guardian approval is provided.

Please note: Failure to comply with the above rules could result in iDefine Health & Fitness asking a member to leave the premises, with membership suspension, membership cancellation, and/or permanent restriction from iDefine allocated to that patron if deemed serious.