



GYM RULES & REGULATIONS

Below are a few gym rules and regulations that all members must abide by:

Hours:

GQ Gym is open 7 day a week facility for our members including public holidays.

Monday-Sunday: 6am -10pm

Your GQ membership Card must be presented to the GQ Gym Instructor and sign the log book. **Only GQ Members can use the GYM.**

General Policies

We strive to uphold a safe, clean and enjoyable environment. As such, we expect proper, respectful conduct on the premises **at all times.**

We do not permit disrespectful conduct towards members, guests, or employee including but not limited to vulgar, profane, indecent, offensive, violent, hostile, aggressive, threatening, harassing, stalking, fraudulent, or other inappropriate conduct or language.

No Tobacco, smokeless, or otherwise, allowed

No gum/food/or any beverage but water allowed

No children under 18 years old without parent supervision. (Underage waiver must be signed by parent or guardian)

Noise and aggressive behavior: Motivation is something good, but that does not mean you have to produce excessive noise. Annoying behavior will be addressed by the instructors.



Do not bring in anything valuable (We are not responsible for any lost or stolen items). Lost and found items will be discarded if not claimed within 2 weeks from the day the item was found.

You will not be permitted to use the facility without proof of your Membership during non-staffing hours at any time. Use of card by anyone other than you will cause it to be confiscated. **Trespassing action will be enforced.**

Under no circumstance is any member to train another member for compensation. If it is determined that paid personal training has been conducted on the premises, the trainer and trainee will each lose their membership.

Attire and Shoes

Proper workout attire (shorts, t-shirts, sweatpants, sweatshirts) should be worn. No inappropriate or vulgar words or graphics may be worn. Jeans or pants with buttons, hardware(zippers/rivets), and straps are allowed.

No bare feet are allowed on the floor.

Shirts must be worn at all times.

Sand must be removed from shoes before entering the facility.

You must remove your shoes before using the Yoga room.

Cardio Equipment

The cardio equipment is available on a “first come, first serve” basis. You may use the equipment for 30 min or less at a time during busy times.

Please wipe down the machines after your workouts using the wipes provided at the facility.



It is strongly recommended you bring a personal workout towel.

It is the individual user's responsibility to clean up cardio equipment for excessive sweating.

Free Weights

Use weight collars and pins at all times for your safety and that of others.

Return and Rack all weights (plates, dumbbells) after use. Violators will be asked to leave the facility.

Do not drop the weights or lean them up against anything and use extreme caution in mirrored areas. If you have to drop the bar, make sure you control it on the way down and minimize its impact.

We highly recommend a personal towel to wipe off the upholstery after your use.

Spotting

GQ Gym recommends lifting with a partner. If you do not have a lifting partner, please check with our staffed hours to ensure staff assistance.

A GQ employee has the right to step in and assist if necessary.

Services

Personal Training: Check brochure by the desk for more info. Including website and Notice Board. Group Fitness Classes are available. Check posted notice for times.

- Use a towel

Bring and use a towel for hygiene and to keep yourself and the equipment dry. If you forgot to bring a towel, you can get one at the front desk. You must sign for the towel. If you do not return the towel, you will be charged \$5.

- Bring a water bottle



Stay hydrated during your training and fill your bottles at our water dispenser in the gym.

- **Changing area**

We have designated areas for clothing and shoe changes. Please do not use the gym as your personal changing area.

- **Bags and personal belongings**

Store your bags and personal belongings in the electronic lockers downstairs next to the changing rooms. Bags, coats and other non-training related items are not allowed in the gym.

- **Locker Rooms**

Use of Locker Rooms facilities on daily basis only. We do not provide locks for locker use. We do allow you to bring your own lock for daily use only.

Safety/Emergency

In case of emergency, contact a GQ Gym employee immediately during staffed hours. The Staff Person will help contact the authorities when it is deemed necessary and provide emergency care if needed.

During unstaffed hours, you can use the phone located by the Gym front desk to call Front desk; EXT: # (100).

In case of fire or alarm, always use caution and safely leave the building.

Any activity or exercise resulting in pain, faintness, dizziness, or shortness of breath should be stopped immediately.

Violation of Rules

If any member violates any of the policies, AERA have the right to revoke their membership.

A violation may also cause to terminate the membership according to the terms of the membership agreement.

Parking



AMERICAN EMPLOYEES RECREATION ASSOCIATION
AMERICAN CONSULATE - LAGOS NIGERIA

Parking is provided for the use of our facility. (only before 6am and after 5pm during week days and open during the weekends.

The AERA Board and the GQ Staff, thank you for using our services and we wish you good luck for all your fitness endeavors.