



PULSE GYM

Conditions of Use

- ◆ Pulse gym is for the use of residents of Bingara Gorge only.
- ◆ Pulse gym facilities are open from 5:00am to 11:00pm, 7 days a week, including public holidays.
- ◆ During hours of operation the gym will be unmanned.
- ◆ Use of the gym is at the card holders own risk. The Community Association will not be liable for any injuries sustained by or loss of/or damage to personal belongings of the said card holder while using the facilities.
- ◆ Children younger than 14 years are not permitted in the equipment room. Persons 14 – 15 years old are permitted with adult supervision (adult defined as a person 18 years or older).
- ◆ Food, non-sports related beverages and glass items are prohibited.
- ◆ All gym members must be wearing fit for purpose gym attire:
 - Sports singlet top, t-shirt or crop top. *Sports bras are to be covered with a singlet.*
 - Shorts, pants or compression tights
 - Closed-toe athletic footwear (no thongs, sandals or floor marking shoes)
 - No swimwear is to be worn while using the gym equipment
- ◆ Scheduled group exercise has priority in the workout room.
- ◆ No heavy weights allowed in the work out room.
- ◆ Dropping of weights is not permitted. If you are found to be dropping weights you may be asked to leave.
- ◆ Return all equipment after use.
- ◆ Safety bars must be in place when using the Hammer Strength equipment.
- ◆ To prevent loss, damage or personal injury, do not wear jewellery during workouts.
- ◆ The Community Association or its Managing Agent is not responsible for lost or stolen items.
- ◆ We have a NO TOWEL NO TRAIN policy. Towels must be used in the gym at all times.
- ◆ Pulse facilities are monitored by camera surveillance. Duress buttons are available in the gym should you be working out alone or feel unsafe.

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