

The fitness centre is unsupervised. Members work out at their own risk. Please ensure due caution while working out.

Rules and Etiquette

For the safety and convenience of all, please adhere to the following rules/etiquette:

- All fitness centre users must be current member.
- FOBS are only to be used for people who hold the membership.
- All fitness centre users must wear a shirt.
- Ensure that collars secure free weights before being used.
- Clean and wipe off machines after use.
- Do not rest on weight equipment between sets.
- Remove all weight plates from equipment and bars when you are finished and return them to the appropriate racks.
- Do not drop weight plates, barbells or dumbbells on the floor.
- Return all dumbbells and barbells to the appropriate racks when finished.
- Ensure that the buckles on weight belts do not damage upholstered equipment.
- Use a spotter when appropriate.
- Report any problems or concerns immediately to AYR Motor Centre Reception Staff