



كلب فاك

PANAGA CLUB

Fitness Centre Section

INFORMATION SHEET

Fitness Centre Room Opening Times

The Fitness Centre room **opens** daily from 6 am and closes at 9.30 pm.
But **closes** daily from 2-2.45 pm for cleaning.

Fitness Centre Instructor & Induction Hours

Currently no New Fitness Instructor is available.

Induction hours by Appointment only, via Club Administration Office who will arrange when your Registration Form is received.

No inductions on Weekends & Company public holidays.

To ensure that the Panaga Fitness Centre continues to provides its member with a clean, safe and sociable environment. I hope that you can observe and practise the following gym etiquette. So please:

- ❖ Bring your own towel and water bottle; hygiene is very important so please use towel on equipment at all times and wipe off your sweat after use. Otherwise use the paper towels and disinfectant provided.
- ❖ Return equipment to the appropriate location after use. This includes dumbbells, weight plates, stability and medicine balls
- ❖ Do not drop weights on the floor as it could cause injury to yourself or others and can also cause damage to the equipment.
- ❖ Wear appropriate clothing when working out in the gym; this refers especially to footwear (no open toe footwear allowed).
- ❖ Be courteous and share equipment if necessary. Don't leave your towel on a machine and walk away for a long duration in time.

Any queries, comment or suggestion, please do not hesitate to contact Lars at dam_lars@hotmail.com / 7186349 / 3372808 or Rizal at rizal.kassim@shell.com / 3378386.

22 February 2018



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Etiquette in the Fitness Centre

All members please be reminded of the following rules:

- **Your appearance.** Make sure that you're dressed appropriately and safely for your workout and bring a towel. Fitness attire should be worn as well as proper footwear. Please use footwear that is only worn inside to keep the gym clean and free of sand.
- **Using machines.** There are limits on how long you can use a machine at busy times. Pay attention to those limits and respect them. There are probably other people waiting to use that machine, but you can always come back to it later and take another turn.
- **Take turns.** Someone may be waiting in line to use a machine, or some people may have an order in which they do machines per their workout routine. Before you get on a machine, it's polite to check with people standing around to make sure they weren't planning on using that machine next.
- **Clean up after yourself!** If you've sweated all over a machine, wipe it down. Wipe down the handles, the seat, the back — anything that you've touched, particularly if it's gotten sweaty.
- **Grunting.** Not necessary and not cool. If you are lifting heavy weights, focus on proper breathing; you should be exhaling as you contract the muscles and if you do so loudly, that's fine, but no grunting or screaming.
- **Dropping weights.** As with screaming and grunting, just don't. Weights make a loud noise when dropped, which can throw others off their workouts. And let's be honest, if you can't bend down and place them on the ground, maybe they are too heavy for you.
- **Put away workout equipment.** When you've finished using equipment such as dumbbells, stability balls, and mats, put them back where they belongs so others can find them easily.
- **Mobile phone usage.** We respect that there might be a need to take emergency calls, but other than that other members did not come to listen to your phone conversation. So keep mobile phone conversations brief and to a minimum.
- **Be quiet.** Many people like to focus on their workout, which can be difficult to do if the person on the machine beside them has their headphones blaring or is carrying on a loud conversation. Keep your voice and your music low, and be mindful of not disturbing other exercisers.

Your cooperation is much appreciated.