

AUT SPORT & FITNESS CENTRES

Auckland University of Technology
Sport + Fitness Centres
www.gym.aut.ac.nz

AUT Sport + Fitness Centre Rules

Please take the time to read over a few simple rules to help things run smoothly and make sure everyone enjoys all our Centre has to offer.

Your Membership

Remember your membership card - for students and staff this will be your AUT I.D card. Swiping in makes checking-in fast and easy.

Complimentary memberships are non-transferable.

Minimum age for use of our gym is 15 years, unless supervised by an approved trainer.

Your Stuff

It's up to you to keep your personal belongings safe - we encourage you to leave your gear in the lockers provided, locked away during your workout. Casual lockers are cleared every night.

Bags cannot be taken into workout areas, as they may become hazardous to yourself or others.

Your Wellbeing

Be considerate and respectful to all members and staff - it helps make our Centre a safer, more enjoyable place for everyone.

Wear clothing that is appropriate and comfortable to exercise in - no jeans, bare chests or items of clothing that may be offensive or intimidating to others.

Wear appropriate sports footwear. No open-toe sandals or jandals. Bare feet permitted only in classes that require it.

Towels are compulsory in workout areas. Sweat is good, working out in someone else's isn't! If you've forgotten your towel, hire or buy one at reception.

Food and glass water bottles are not permitted in workout areas. Plastic water bottles are encouraged.

Please respect our equipment by wiping down machines/mats/benches after use and returning free weights to the correct locations. Do not purposely drop free weights or machine stacks. You may be asked to pay for equipment you damage through careless use.

You are not permitted to train or coach others in our gyms, unless authorised by Management.

Please report any health and safety issues in the first instance to the nearest staff member.

We encourage the use of mobile phones for the likes of exercise apps and personal videos. Please don't photograph, film, or otherwise record other members or gym staff without their consent, and the prior consent of Management. Use of phones in changing facilities is strictly prohibited.

These premises are smoke, alcohol and drug free.

Your Rights

If you have any concerns or complaints about service, a staff member or our facility, please speak to reception and we'll put you in touch with the appropriate manager. We may ask you to put your complaint in writing.

Our Rights

Our rules are for the safety and wellbeing of all our members, and our staff - which we take very seriously. Anyone who fails to comply with the rules will result in a verbal warning and/or removal from the gym. Continued abuse of the rules may result in suspension of membership.