

Dear MovementX Client.

Please see below MovementX Rules & Regulations.



It's no secret that the gym can be an intimidating place. Besides the loud music blasting in the studio and the instructor shouting out instructions on the mic and telling you "you can do it – don't give up", there are a few unwritten rules and a secret code of conduct that will be foreign to any newcomer on what to do and what not to do.

BUT, these rules of etiquette are not just for newbies.

Needless to say, there are a few "MX veterans" who still completely disregard MX house rules or who are simply unaware that they are breaking them. SO... just to refresh everyone's memory, PLEASE read the following oh so important MovementX Rules and Regulations.

- If you do not have a sweat towel you will **NOT** be allowed to train. Cleanliness should be a given when sharing equipment, right? We'd hope so, but we've probably all seen the person who doesn't use a towel and/or leaves a big sweaty puddle at their station before they run off. This is gross. Don't be that person! Use a towel, and be sure to wipe down all surfaces your skin touches when you're done with the equipment
- **Shower / clean your workout clothes!** Yes, we know it sounds funny to shower before you work out, but we're putting this rule of etiquette in here in case it has been a few days since you've last showered. "I'll just work out and shower afterwards" isn't quite the right idea. People should not be able to smell you coming. Keep things fresh! On the same note, we know some people will work out, cram their sweaty gym clothes in a gym bag and then let them sit there and marinate until their next workout. After a few rounds of this, the clothes are likely to hop out of the bag themselves and start running around. Gym shorts/leggings might be able to go for two workouts in a row, but shirts/tops that have probably soaked up some armpit sweat should go straight from the gym into the laundry basket.

If you're not sure this rule applies to you, this rule applies to you.

- **PLEASE** leave the bathrooms neat and tidy and clean up after yourselves. It cannot be expected that the next person cleans up after you.
- Please ensure that you arrive before the class starts and check in at the front desk.
- No client will be allowed into the class if they are late unless they have called to let us know they are running late. Late walk-ins disrupt the class and we try our best to ensure that our classes run professionally. If you have not called, your spot will be given away and you will be charged for a **late cancellation**.
- Please ensure you book for your class to avoid the disappointment of not getting a spot. You may schedule for a class using the MINDBODY app, via email or by calling us.
- We have a **STRICT 6 hour cancellation policy**, if classes are not cancelled within this period you will be charged for in FULL, i.e., R140 at student rate and R180 at the standard rate. We do however understand that emergencies arise so please always ensure that you notify us in time. **PLEASE NOTE THAT THIS RULE WILL BE STRICTLY ENFORCED AND ALL MEMBERSHIP CLIENTS WILL BE DEBITED OVER AND ABOVE THEIR MEMBERSHIP RATE IF THEY HAVE ANY LATE CANCELLATIONS OWED TO MOVEMENTX.**
- Unless you have an injury that you have informed the instructors of, you are not allowed to do your own exercises in the class. This disrupts the class and it is deemed offensive to the trainers.
- Please make sure you always wipe down the equipment you are using and leave the station that you are training at in the manner in which you found it.
- There will be **zero tolerance** for cellphone usage during the class.
- Stretching after the class is extremely important, as we do not want any injuries to occur. Please make sure you stay for the stretch and if you are unable to do so, please leave beforehand and not during the stretch.

No more sheepish wandering. No more confused looks. No more shame. Just absolute confidence that you're doing the right thing, in the right way, and that you belong here.

Please, don't stress and don't get overwhelmed. We're laying these etiquette rules out there because everyone needs a reminder once in a while. We all want to be more comfortable in the gym and knowing just a few of these things can help with that. Think of this as a resource you can refer back to when you need to catch up.

We trust that each client adheres to the above.

Regards,

MovementX Team