



# SEVEN

## HOUSE RULES

As a member of the SEVEN family, we ask that you kindly read and abide by our house rules.



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# SHARING IS CARING

- \ When you're using equipment, please allow others to work in with you.
- \ If you're unable to attend a class, massage or recovery session that you've booked, please use your app to cancel the booking and free up the spot.



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# SHOW RESPECT

- \ Be kind to our staff.
- \ Be mindful of your noise level.
- \ Be respectful towards other members.
- \ No nudity in the changing rooms or spa.
- \ Wear appropriate workout attire and shoes in our fitness areas.
- \ When taking photos or videos, be aware of others in the background.
- \ If you use any of our towels, please do not remove them from the changing rooms.





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# CLEAN HOUSE

Nobody wants to workout in a messy environment.

- \ Thirsty? Re-hydrate from a re-sealable bottle.
- \ Cans, coffee cups and protein shakes are not permitted in the gym area.
- \ Hungry? Re-fuel in <sup>THE</sup>DOSE, not in <sup>THE</sup>GYM area.
- \ Finished with your weights? Re-rack them ready for the next person.

A background image showing a person in a locker room, with their arm raised towards a locker. The image is dark and semi-transparent, serving as a backdrop for the text.

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# SECURITY

- \ They wouldn't be called lockers if they weren't meant to be locked. Use your bracelet to secure your things in the locker.
- \ The overnight use of lockers is prohibited, with the exception of Platinum Lockers. Any unattended items will be gathered up and taken to lost property.
- \ Any lost and found items may be collected between the hours of 9am and 6pm, Monday-Friday.
- \ Taking photos or videos in the changing rooms is strictly prohibited. This includes the use of video calls.



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# SAFETY

- \ SEVEN has a zero-tolerance policy for doping and the use of performance-enhancing substances or drugs.
- \ Smoking is strictly prohibited in all areas of the club.
- \ This includes e-cigarettes and any other smoking/vaping devices.
- \ Bags are a trip hazard and are not permitted in the workout areas.
- \ They must be kept in your locker or placed in the bag rack.
- \ If you need easy access to your training equipment, you can use the shelves provided.
- \ You are welcome to bring your children to <sup>THE</sup>DOSE however they must always be accompanied by an adult.





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# PARKING

- \ Our car park needs to remain accessible to emergency vehicles at all times.
- \ All members who use the V.I.P. or valet parking services must leave their car key with the valet staff.
- \ **When using the valet parking service:**
  - Do not self-park
  - Do not move the parking barriers
- \ Members who refuse to follow the instructions given by our valet staff will have their club access revoked.



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# THE SMALL PRINT

- \ In addition to these house rules, we expect our members to follow the membership policies that are highlighted in your contract.
- \ We reserve the right to revoke your membership if you choose not to play by the rules.
- \ We count on all of our members to keep SEVEN a happy and vibrant place.





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