



HOUSE RULES

LELYSTAD

- Wear sportswear and clean sports shoes.
- During the training, use a towel and clean the equipment you used for your fellow athletes.
- Independent fitness training is only allowed for members aged 16 and above.
- Use lockers to store bags and clothing during the workout.
- Swimwear and flip-flops are only allowed in the swimming pool area.
- Food and non-sealable drink containers are not allowed in the sports areas.
- Smoking and the use and/or distribution of prohibited substances in the club are prohibited.
- Items provided by PT ROOM during training should not be taken home.
- In case of cancellation, a Personal Training, Small Group Personal Training, or Small Group Training session must be canceled at least 24 hours in advance. If this is not the case, your training will be charged.

TOGETHER WE NEVER GIVE UP