



FITNESS CENTRE

ST. FRANCIS XAVIER UNIVERSITY

Rules and Regulations – StFX Fitness Centre

- Must be 15 years of age to access the facility
- All 15- and 16-year-old members must receive an orientation before accessing the facility
- All members must check in at the front desk
- No food allowed in the Fitness Centre
- Bring beverages in a secure bottle
- Limit personal belongings: keep your items safe in the locker room
- The Fitness Centre and its staff are not responsible for lost/stolen items
- Appropriate gym attire must be worn at all times
- When finished, wipe down all equipment/machines used with the supplies provided
- DO NOT SPRAY DISINFECTANT DIRECTLY ONTO THE EQUIPMENT
- Put away all equipment after use
- Please allow members time to clean and remove their belongings before using the machine/workout space
- Keep the equipment in the area it's located
- Don't lean plates against the wall
- Treat the facility, members and staff with respect at all times
- Any actions against the CODE OF CONDUCT will not be tolerated
- We are a scent aware facility. Please be cautious with sprays or perfumes that other members can be sensitive to.
- NO personal or group training is permitted in the facility by outside trainers/coaches. Please see the policy online for more information. If you are interested in coordinating a training session, contact fitness@stfx.ca.

- Capturing photos or videos for commercial, professional or promotional purposes requires written permission from the StFX Fitness Centre
- Use of camera/video is limited to personal use only. Avoid capturing others. Please be mindful and respectful of the people in the facility. Do not disrupt the activity of others.
- Do not share your membership card, use someone else's or provide false personal information. Performing these actions may result in suspension or cancellation of current membership or inhibit member when applying for future access to the facility.

Drop-in classes

- Drop-in class fees are covered by your fitness centre or deluxe membership in addition to, day passes or the purchase of a single group fitness pass. Check online or contact us for rates.
- Please show up 5-10 minutes prior to scheduled class start time.
- No dirty footwear is permitted inside the studios. Please bring a separate pair of shoes and check the soles before entering.
- Members participating in an exercise activity are reminded that it is voluntarily based, and you are taking part at your own risk. The fitness centre is not responsible for any injury that may occur during a fitness session.
- Bags, coats, or other large personal items are prohibited