



# The University Gym

Maracas Royal Road,  
St Joseph.  
Phone 1 (868) 622-2241ext 1250/1251

## RATES

<u>University Students</u>		<u>F&amp;S &amp; Secondary School</u>		<u>Community Members</u>	
1 SESSION	\$25.00	1 SESSION	\$25.00	1 SESSION	\$30.00
1 MONTH	\$60.00	1 WEEK	\$50.00	1 WEEK	\$70.00
1 SEMESTER	\$150.00	1 MONTH	\$120.00	1 MONTH	\$150.00

## OPENING HOURS

Sundays	6.00AM – 12.00PM
Mon. – Thur.	5.30AM – 10.00PM
Fridays	5.30AM – 3.00PM
Public Holidays	C L O S E D

## OTHER CLASSES OFFERED

### MONDAYS

CIRCUIT	12.30PM – 1.30PM
AEROBICS	6.30PM – 7.30PM

### WEDNESDAY

CIRCUIT	12.30PM – 1.30PM
SPIN CLASS	6.00PM – 7.00PM
ABS/BUTT	7.00PM

### FRIDAYS

BOOT CAMP	12.30PM – 1.30PM
-----------	------------------

### TUESDAYS

ABS CLASS	12.30PM – 1.00PM
CROSS FIT	5.45PM – 6.30PM
AEROBICS	6.30PM – 7.30PM
ABS CLASS	8.30PM – 9.00PM

### THURSDAYS

ABS CLASS	12.30PM – 1.00PM
CIRCUIT	5.30PM – 6.30PM
CROSS FIT	5.45PM – 6.30PM

## RULES & REGULATIONS

1. **Membership cards** or **student ID's** must be presented at **ALL** times to the receptionist upon entering.
2. Membership fees are **NOT** refundable.
3. Membership is **NOT** transferable.
4. Membership cannot be frozen or suspended.
5. Fees are payable in advance.
6. **ABSOLUTELY NO TRAINING** without **A HAND TOWEL**. **TOWELS** are **MANDATORY** to prevent transfer of sweat from members to the equipment.
7. Do **NOT** rest on the machines as someone may be waiting to use them.
8. **NO** dropping of weights and replace **ALL** weights to its original place.
9. **NO EATING** in the gym.
10. **ONLY** plastic drinking containers allowed in the **GYM** area.
11. **NO** chewing of gum.
12. **NO SMOKING**.
13. **NO LOITERING**. Receive all visitors on the outside.
14. **NO** garment or shoes must be left in the washroom area or lockers overnight.
15. Everyone must be properly attired and observe the following:-
  - a. **GOOD** personal hygiene.
  - b. **MUST** train with sneaker/training shoes.
  - c. **NO** obscene language.
  - d. **NO HARD PANTS** or **JEANS PANTS**.
16. THIS is an **ADVENTIST GYM**, Please observe the dress code:
  - NO** low revealing necklines
  - NO** short tops that reveals the waistline and navel
  - NO** jewellery other than wedding bands, engagement rings and medical bracelets or necklaces.
17. The **UNIVERSITY GYM** will not hold itself responsible for personal effects loss/missing or damaged at the **GYM**.