

Gym Guidelines for use

The gym is open on a pre-bookable basis only with 2 Slots available per hour.

The gym is operating under the following reduced opening hours:

Tuesday 08.00am - 21.00pm

Wednesday 08.00am -21.00pm

Friday 08.00am - 21.00pm

Saturday 08.00am - 20.00pm

Your booking gives you a 45-minute workout session followed by a 10-minute window to clean the equipment you have used. Use must then leave the gym via the rear fire door 5 minutes before the end of your booked session to avoid meeting the next members arriving whilst you are leaving.

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1. Do not come to the gym or book a space if you have Covid19 symptoms or have been in contact with someone who has symptoms <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>
2. Your booking gives you access to the front door & gym door **5 minutes** before your booked session
3. Arrive changed and ready to workout, there are no changing facilities or showers
4. Follow the one-way entrance and exit points, observing the 2-metre social distancing rule at all times
5. Wash your hands thoroughly on arrival (disabled toilet only) and use the sanitiser outside of the gym door before entering the gym
6. Bring your own full water bottles, there is no access to water dispenser
7. On arrival all windows are to be fully opened during the course of your gym session (wipe handles after opening & closing with sanitiser spray & blue paper towel)
8. No 'gym towels' allowed, please use the blue paper towel provided
9. Booking slots are for one hour, this is a 45-minute workout time, allowing for 10 minutes to clean at the end of your session, users must leave the gym 5 minutes before the end of their one-hour session
10. The gym has been divided into 3 zones, Cardio, Weights & Toning machines, each member has a 15-minute period in each zone.
11. Keep to the zonal areas, only one member in a zone at a time, **do not** cross into a zone another member is using
12. Please clean the equipment before and after use with the sanitiser spray and blue roll provided in each zone and use the hand sanitiser provided between equipment and when moving into another zone
13. Please wash your hands when leaving the club using the hand basins located under the balcony.
14. Gym use is restricted to 2 members from different households or the same household per hour
15. To book 3 members from the same household (please contact the office)

How to book a gym session

1. Go to the Avenue website www.avenuetsc.co.uk and select the 'Online bookings tab'
2. Log in to your membership account, with your usual Avenue User ID and Password (please contact the office if you need a reminder of your User ID or your password resetting).
3. Select Facility, then select gym.
4. Select start time, in either Zone 1 or Zone 2, there are 2 bookable zones per hour.
5. Tick the box that you agree to the terms and conditions of your booking, confirm your booking.
6. Your booking will be shown in red and is also viewable in 'My Bookings' in the top blue menu
7. You are able to book up to 7 days in advance.

8. To cancel a booking, log in in the normal way, select 'My Bookings' select the time slot you wish to cancel and confirm cancellation of booking.
9. You will receive a confirmation email for gym bookings and cancellations.