

Health Club

Code of Conduct

To ensure a safe environment and positive experience for all, members and guests are required to abide by the following code of conduct.

- Taking photos, selfies or video recordings is not permitted anywhere in the facility.
- Cell phones and recording devices are banned from change rooms and washrooms. Please report anyone you observe with a cellphone in these areas.
- Proper fitness attire with clean indoor athletic/training shoes only. We do not permit wet or muddy shoes, sandals or clothing with profanity or offensive messages. Outdoor footwear tracks salt and debris that damages fitness equipment and machines.
- All bags and jackets must be kept in lockers within the change rooms. Locks are available for purchase at the front desk for a small fee.
- Do not drop or bang free weights, cable stacks or weight machines– it is disruptive to members and damaging to equipment. Please keep noise to a minimum including excessive grunting.
- Unload all equipment after use and return plates/dumbbells and barbells to their storage locations.
- Clean all equipment after each use. Disinfectant spray and paper towels are provided in the Health Club. Do not spray directly onto the consoles.
- Headphones must be worn when listening to personal media devices in the Health Club. Talking on the phone while in the Health Club is strongly discouraged. Please excuse yourself to the lobby if you need to take a call.
- Use of the fitness equipment is on a first come, first-serve basis. Please limit your time to 30 minutes maximum per piece of equipment. Avoid resting on equipment between sets and allow other members to use machines when resting between sets.
- Individuals are required to shower prior to using the Whirlpool or Sauna. Attire that is worn in either the Whirlpool or Sauna must be clean prior to entering.
- The Town of Whitby is a fragrance-free environment.
- Staff reserve the right to remove any person for unacceptable behavior including but not limited to vandalism, theft, offensive language, selling/soliciting products or services including personal training, unauthorized photography or any other public code of conduct violations.
- Should a member misuse equipment or jeopardise their own safety or the safety of others they will be asked to leave the facility.
- Code of conduct violations may result in a suspension or a revoked membership.

For more information visit

Whitby.ca/GetActive