



The Rule Book

Everyone at MFC must follow the rules laid out in this rule book. So, please take a moment to get to know them. Your failure to comply with the rules may result in severe consequences for your continued use of the facility and in some instances, may even affect your continued membership at MFC.

Who should obey the rules?

1. All members, guests, tenants, contractors, visitors and staff must obey the rules.
2. Important: If you believe that anyone is not following the rules, please let one of our staff members know, they'll handle the matter on your behalf. While polite requests to other members are fine, please DO NOT attempt to enforce the rules yourself as this may escalate the situation.
3. If you do not comply with the rules or are under investigation for non-compliance with the rules, we may, depending on the circumstances:
 - 3.1 Temporarily suspend your Contract;
 - 3.2 ask you to leave the Club;
 - 3.3 deny you Club access;
 - 3.4 if it's serious, cancel your membership
4. At our discretion, you may bring guests to train with you upon payment of the guest fee.
5. All guests must play by the rules.
6. You must always accompany your guests and are responsible for their behavior which, if inappropriate, could affect your membership.
7. We take a zero-tolerance approach towards the use, sale, possession or endorsement of any form of illegal and/or performance enhancing drugs (including steroids or any other banned substances) on Club premises, in the parking area or on any of our online and social media platforms. Any infringement of this rule gives us the right to cancel or suspend your membership at our absolute discretion.
8. You may not enter the Club or use the facilities while under the influence of alcohol, illegal drugs or if we believe your faculties to be impaired in any way which could cause harm or damage to yourself, other members, visitors, members of staff, tenants or the facilities we provide.
9. Do not verbally, physically or sexually abuse, harass or use violent behavior towards, other members, guests, visitors, tenants or members of staff or the public.
10. If you, your guest or dependents cause any damage or harm, you'll be paying for it.
11. only one individual per shower cubicle at any given time.



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12. All members (including junior members) must either complete or read and carefully consider the medical risk questionnaire before using our club facilities. You'll also need to sign an assumption of risk, which simply states that you're aware of, and take responsibility for any applicable risks to your health (or your dependent's health) when exercising. We recommend that you (or your dependent) regularly consult a qualified medical professional who can give you (or your dependent) the go-ahead to commence and/or continue with exercise.
13. Please read the warnings and stick to the guidelines displayed in our club.
14. Consult a doctor if you're concerned about any health risks.
15. We recommend that you spend 10 minutes warming up your muscles before starting any type of exercise. If you jump straight in, you risk damaging your muscles and/or straining your heart.
16. Always remember to stay well-hydrated during exercising. While we allow drinks in water/sports bottles, we don't allow food or other drinks on the training floors.
17. Sweat happens so carry a sweat towel at all times. If you do not have a sweat towel, the gym might be able (depending on stock levels) rent you a sweat towel (that may not leave the facility) for the day.
18. IMPORTANT. If you experience acute pain, dizziness, a sudden headache or chest pain, stop exercising immediately and inform one of our helpful staff members. And let us know if there are any changes to your medical condition.
19. Pets (other than guide dogs, for which you will be solely responsible for) aren't allowed inside our Clubs.
20. Smoking, including e-cigarettes, isn't permitted anywhere on the Club premises or outdoor training areas.
21. You may not take photos in the changing rooms, sauna or toilets.
22. You must not take photos or video footage of any children under 18 other than your own.
23. You may NOT take photos or video footage of any of our CCTV equipment or footage
24. Do not take photos or videos of other members without their express and prior permission (i.e. please be mindful of how people may inadvertently appear in the background of your photos). You will be requested to delete them if a complaint is raised, and if you refuse, we may suspend or terminate your membership.
25. If we believe that you have taken a photo or video footage in a restricted area, or we have any other concerns with you taking a photo or video footage elsewhere in the Club (to be determined in our sole and absolute discretion), we may ask you to show us the images or video taken and/or ask you to delete it, and if you refuse, we may suspend or terminate your membership.
26. You may not use, distribute or bring alcohol or drugs into/in our Club.
27. Under no circumstances are you allowed to sell and/or market any product or service to other members in our Clubs or on any of our social media or online platforms.
28. You won't be allowed inside our Clubs If: your membership fees aren't up to date or if we have terminated/suspended your membership your membership.



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29. The manager on duty is responsible for monitoring the behavior of members or guests and if, in his/her opinion, the behavior is found to be non-compliant with the rules, it may result in: (a) the member or guest being asked to leave the Club, alternatively being removed from the Club; (b) in extreme circumstances, the cancellation or suspension of a MFC membership.
30. Suitable and appropriate exercise clothing (no bare chests) and footwear (no slops/sandals) must be worn while exercising. If you're unsure of what to wear, ask our friendly staff.
31. We're family friendly and there's kids around. So please, no obscene, rude, vulgar, or profane language, statements, images or gestures are allowed (including on clothing).
32. If your car isn't parked properly, it may be clamped, and a fee charged for its release.
33. Just remember, all vehicles are parked and driven at your own risk. We do not accept responsibility for any loss, theft and/or damage to vehicles and/or valuables left in vehicles.
34. Please use the equipment for its intended purpose. Always follow the instructions provided and ask for help if you need it.
35. Please inspect equipment before use and don't use the equipment if there's an 'out of order' sign, and please report damaged equipment to a staff member.
36. Handle weights and equipment with care and please replace after use.
37. No booking of equipment is allowed by a sweat towel. Your towel will be removed.
38. While you're welcome to use any of the facilities and equipment at your own convenience, please remember that any classes led by our staff or fitness instructors always take priority, and these facilities or equipment may be temporarily unavailable for use at your own convenience whilst these classes are in progress.
39. If you are elderly, pregnant or suffer from heart disease, diabetes, high or low blood pressure or any other serious medical condition, you're advised not to use the saunas.
40. Sit on a towel when using the sauna/steam room.
41. No shaving in the sauna, steam rooms or showers.
42. Only authorized MFC personal trainers are permitted to provide personal training in our Clubs. Personal training by another member is not allowed whether it's for payment or not. If we find someone providing unauthorized personal training, our Club Manager will investigate, and you and the trainer may be expelled or suspended.
43. Please report all injuries/incidents and/or any hazards that you spot to a staff member.
44. Always sit and use a towel in the sauna