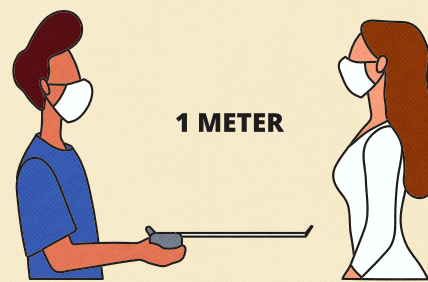


NO PHYSICAL CONTACT

Kindly avoid shaking hands.



PRACTICE SOCIAL DISTANCING

At least a 1-meter distance is encouraged.



SANITISE REGULARLY

Sanitise hands regularly with sanitisers available around the gym.



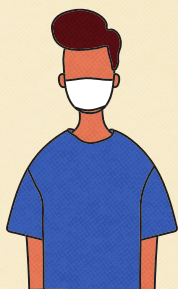
WASH HANDS FREQUENTLY

Clean hands frequently and thoroughly with water and soap.



WIPE AFTER USE

Use sanitising wipes to wipe down equipment. Dispose of used wipes in designated bins.



WEAR A MASK

Face mask must be worn at all times at the gym.



GYM ETIQUETTE



DO NOT TOUCH FACE

Do not touch your face, mouth, eyes or nose with unclean hands.



SEEK MEDICAL ATTENTION IF SICK

If you have exhibit any symptoms of sickness, seek immediate medical attention.