

Your Reformer Guidelines

Entry Requirements

- Patrons must comply with Glen Eira Leisure's Health Club Conditions of Entry and Centre Rules.
- If you are pregnant, injured, have a health condition, or any concerns, consult a health professional before use.
- Patrons under 18 years of age are not permitted in this area.
- Maximum session time in this area is 60 minutes.

Health and Safety

- First time users must watch the Onboarding video before use.
- One person per reformer bed at all times.
- Ensure the carriage is stationary before mounting or dismounting.
- Appropriate exercise attire is required. Denim and jeans are not permitted.
- Keep hands, feet, hair, jewellery and loose clothing clear of moving parts.
- Do not damage, misuse or interfere with studio equipment, facilities or property.
- Do not behave in a manner that is unsafe or creates a risk to the health, safety or wellbeing of others.

During Use

- Reformer beds must only be used with the provided virtual content. Follow the on-screen prompts to connect and start your session.
- Only perform instructed exercises and do not adjust equipment unless directed.
- Headphones must be worn when listening to the instructor or workout audio and must remain in use throughout your session to avoid disrupting other patrons.
- Stop exercising immediately if you experience pain, dizziness, numbness or discomfort.
- Grip socks must be worn at all times.

Hygiene and Care

- Report damaged or faulty equipment to staff immediately.
- Wipe down equipment after use with wipes provided.
- This area is regularly checked by staff.

Glen Eira Leisure reserves the right to refuse entry or remove any person who does not comply with these guidelines, Centre Rules or staff directions.

