



Motion Matters Exercise and Rehabilitation Centre
164 Laurier Avenue West – Ground Floor – Ottawa, ON – K1P 5V5 (613) 237-4343

WEIGHT ROOM POLICIES

For your information:

- 1) Members must present a valid membership card for admittance into class area. Non members must present proof of payment. Anyone who can not produce a valid membership or proof of payment will not be permitted into the class.
- 2) Before beginning personal training at the centre individuals **MUST** complete an initial fitness assessment with one of our personal trainers. The detailed assessment is necessary to determine your initial fitness level and to set goals that will be used to measure progress throughout your personal training program.
- 3) A maximum of 10 people will be permitted in the weight training area at one time (this includes the reformers), therefore **ALL** Pilates and Personal Training sessions, both private and solo, **MUST** be booked in advance.
- 4) **24 Hours notice is required for cancellation of all services.**
- 5) **Individual sessions (Pilates and personal training) cancelled without 24 hours advance notice will be required to be paid in full.**
- 6) The dropping of weight stacks will not be permitted. A warning will be issued the first time a stack is dropped. If repeated the member may be asked to leave the centre.

For your comfort and enjoyment:

- 1) Wear comfortable clothing (shorts, leggings, t-shirts).
- 2) Shirts and clean, indoor shoes **MUST** be worn at all times in the weight training area.
- 3) Bring a water bottle and towel as they are not provided by the centre.
- 4) All weight training equipment and Reformers must be wiped down after each use with the cloths and cleaner provided.
- 5) Free weights should be returned to the rack after each use.
- 6) Lockers are available for use during class.
- 7) Showers are available for use after class.