

# RULES AND REGULATIONS

## Hours of Operation

- Monday to Friday - 6:00 a.m. to 9:00 p.m.
- Saturday, Sunday & PH - 6:00 a.m. to 8:30 p.m.
- Children under 12 years of age are not permitted to use the Gym.
- All Junior Members aged 12 to below 16 years of age must attend the Teenage Gym Proficiency Course before using the Gym.  
Email [sportscounter@amclub.org.sg](mailto:sportscounter@amclub.org.sg) to book a slot.
- Guests must be signed in by a Member and the prevailing guest fees apply.  
Failure to sign in guests in advance will result in double guest fee being charged to the Member's account.
- Guests must be 16 years old and above. Member must be physically present with the guest at all times.
- Members must sign in for all group fitness classes and pay the prevailing charges.  
Registration for group fitness classes are open 1 week before the date of each class. Member must be physically present at the group fitness class if signing in guests for the class.
- All Gym users are expected to be appropriately attired; this extends to the use of proper sports footwear. The Gym Manager reserves the right to request anyone who is not appropriately attired to leave the Gym.
- Flip flops and sandals are not allowed for working out at the Gym (unless for stretching at the stretching area)
- Mobile phones and other portable electronic devices are not to be used for voice calls or video calls on the Gym floor and in group fitness classes.
- Bags and other personal belongings are to be kept in the lockers and not placed on the Gym floor or in the group fitness studios.
- Gym users are required to share equipment when taking a break and not actively working out.
- Gym users are required to cooperate fully with Gym staff in their efforts to enforce Gym Rules and Regulations.

## CONNECT WITH US



[amclub.org.sg](http://amclub.org.sg)



[AmericanClubSingapore](https://www.facebook.com/AmericanClubSingapore)



[americanclubsingapore](https://www.instagram.com/americanclubsingapore)



[AmClubSingapore](https://www.youtube.com/AmClubSingapore)



[the-american-club-singapore](https://www.linkedin.com/company/the-american-club-singapore)



[info@amclub.org.sg](mailto:info@amclub.org.sg)



9722-6473

# CODE OF CONDUCT

## Equipment

- Please place a towel on the Gym machines before use to ensure the machines are kept free from perspiration.
- Equipment is to be wiped down after use.
- All equipment is to be returned to its rightful location after use.
- Hogging of equipment is not permitted. Please limit your usage of each equipment to 30 minutes during peak period (7:00 a.m. – 11:00 a.m. and 4:00 p.m. – 7:00 p.m.)
- No slamming of weights.
- Towels are to be deposited in the towel bins upon completion of workout.

## General

- All Gym users are expected to practice good hygiene and Gym etiquette.
- No video or photo taking is allowed in the Gym unless express permission is granted by Management.
- Gym users are to show consideration when talking to other Members. Keep volume down so as not to distract or disrupt other Members.
- No eating in the Gym.
- No gathering or congregating.
- Gym users are required to cooperate fully with Gym staff in their efforts to enforce Gym Code of Conduct.

## Respect

- Members should conduct themselves, and ensure that their guests conduct themselves, in a manner that is courteous and respectful of other Members, guests and Gym staff. No Member may engage in rude behaviour or offensive language toward Members, guests or staff.

Failure to abide by the Gym Code of Conduct may result in disciplinary action.

CONNECT WITH US



[amclub.org.sg](http://amclub.org.sg)



[AmericanClubSingapore](https://www.facebook.com/AmericanClubSingapore)



[americanclubsingapore](https://www.instagram.com/americanclubsingapore)



[AmClubSingapore](https://www.youtube.com/AmClubSingapore)



[the-american-club-singapore](https://www.linkedin.com/company/the-american-club-singapore)



[info@amclub.org.sg](mailto:info@amclub.org.sg)



9722-6473

# GYM LOCKER ROOM CODE OF CONDUCT

- Children under 12 years of age are not permitted in the Gym Locker Room.
- Do not leave your soiled clothes, shoes and personal belongings on the seat or scattered on the floor. Please put them in the lockers provided.
- Members are responsible for the safety of their own personal belongings.
- Use of mobile phone is not allowed.
- No laundering or drying of clothes.
- Towels are to be deposited in the towel bins after use.

## CONNECT WITH US



[amclub.org.sg](http://amclub.org.sg)



[AmericanClubSingapore](https://www.facebook.com/AmericanClubSingapore)



[americanclubsingapore](https://www.instagram.com/americanclubsingapore)



[AmClubSingapore](https://www.youtube.com/AmClubSingapore)



[the-american-club-singapore](https://www.linkedin.com/company/the-american-club-singapore)



[info@amclub.org.sg](mailto:info@amclub.org.sg)



9722-6473

# ATTENTION:

- All weight plates are to be put back in their rightful location after use.
- Gym users are required to share equipment with other members while resting.
- Hogging of equipment is not permitted. Please limit your usage of each equipment to 30 minutes.
- Congregating around equipment is not permitted.

## CONNECT WITH US



[amclub.org.sg](http://amclub.org.sg)



[AmericanClubSingapore](https://www.facebook.com/AmericanClubSingapore)



[americanclubsingapore](https://www.instagram.com/americanclubsingapore)



[AmClubSingapore](https://www.youtube.com/AmClubSingapore)



[the-american-club-singapore](https://www.linkedin.com/company/the-american-club-singapore)



[info@amclub.org.sg](mailto:info@amclub.org.sg)



9722-6473