

PLAY SAFE

01

MORE PEOPLE. MORE FUN.

Please make sure you have a valid membership, if you do, WELCOME TO THE FAMILY! We promise you: You'll keep coming back for MORE. Swipe your TrainMore tag or check-in with the host.

02

LOCK IT UP.

We know TrainMore feels like home to you, but please don't leave your stuff lying around. Also not behind the front desk. Lock it up, better safe than sorry peeps.

03

YOU LOVE OUR EQUIPMENT, RIGHT?

We know it was love at first set. Be kind to our equipment, they have feelings too and follow the instructions. Don't throw weights and please re-rack them back in pairs. Oh please use your towel.

04

PERSONAL TRAINING.

Psst.. It's not allowed to train with your own personal trainer. TrainMore is watching you.



05

DON'T BE A D1*K

Everyone should feel safe and comfortable in our gym. Therefore, we accept no racism, sexism, discrimination, or intimidation. If you are experiencing any harassment, please inform a staff member or submit a form via the contact form on our website. We are here for you.



06

'HELLO, YOU'VE REACHED THE VOICEMAIL OF A GYM RAT.'

More focus. More results. Your calls can wait, focus on your workout.

07

TRAINMORE STYLE.

We're sorry to tell you, but the treadmill is not your runway. We're here to train, please wear your sports gear :)

08

FILMING & SHOTS



Capture those moments, but no random snaps without permission. Remember, no flashes during workouts. Follow club rules, and if you want to shoot something big, check in with our head office first ;)

GOOD SESH Y'ALL!