

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, or any form of intimidation. If you are experiencing any kind of harassment, please inform us. 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 :)

GOOD SESH Y'ALL!