

ADELAIDE CLUB'S CODE OF CONDUCT

The Club is an inclusive community of Members. If, for any reason, a Member makes another Member or staff person feel uncomfortable, harassed, or in any way threatens their personal safety, the Adelaide Club has the ability to deny access and have a membership resigned.

CELL PHONES

- If you need to take a discreet call, do so in the WorkHUB area only.
- Do not use your cell phone while on equipment between sets.

LOCKER AREAS

- Place your used towel in the hampers provided.
- Wipe the counters after use.
- Take all of your belongings with you when you leave. Leftover items are donated to charity.
- No shaving in the steam room or showers.
- Use discretion when applying perfumes/colognes.

GROUP FITNESS

- Sign-up and check into classes online or using the app.
- For the safety and wellbeing of our Members, classes are structured to include a warm-up. Out of consideration for all Members' safety and for the experience of others in the class, you may not be admitted if you arrive 5 or more minutes late to class.
- Clean your mats and/or equipment after use and return them to their designated area at the end of class.
- Make your instructor aware of any injuries or limitations you have so that they're able to modify the class for you, as necessary.
- Be mindful of those around you so that everyone can get the most out of the class.
- Guests aged 16+ are permitted to participate in Group Fitness classes.
- When classes are not scheduled for our fitness studios, Members are welcome to use these spaces. However, please remember that they are shared spaces, and everyone is welcome to use them.
- Please refrain from touching the audio equipment in our studios, as it can greatly impact our group fitness classes.

SQUASH

- Ensure you are wearing non-marking soled shoes while on court.
- Cancel court bookings if you are unable to make your court time.
- For our league players, be on time for league games.
- When you are done, put your squash ball back in the container provided.
- Always call your lets.

FITNESS

- Replace weights and equipment in their appropriate spots when you are done with them.
- Avoid dropping weights.
- Ensure your gym attire is clean.
- Wipe down equipment when you are finished using it.
- If you are unsure on how to use a piece of equipment, or you have any questions about the Club itself, ask one of our experts for help.

PRO SHOP

- Take your items to the front desk to check out/pay.
- Your Pro Shop purchases can be put on your membership account.
- Re-hang items you are not purchasing or give them to reception to re-hang or re-fold.

ADELAIDE HEALTH CLINIC

- Arrive 5 minutes before your scheduled appointment and check in with the Adelaide Health Clinic front desk reception.
- Wait quietly for your therapist in the designated waiting area. Your therapist will be with you shortly.
- Our clinic enforces a strict cancellation policy. Any missed appointment or those rescheduled or cancelled with less than 24 hours' notice, will be subject to a full fee charge for the schedule visit. Unfortunately, patients who are late for their appointments cannot be guaranteed treatment for that day but our best efforts to accommodate will always be made.

CLUB HOURS

Weekdays: 5:30am – 10pm

Weekends: 8am – 5pm

Holidays: 8am – 5pm

We ask that if you would like to shower/clean up after your workout, you head to the locker area 20 minutes before closing to ensure you have enough time.



Adelaide Club
Toronto