



Imperial Bodies is your second home, not a workplace or institution that any of you should need more "rules" to follow!

However, we do expect you all to be polite and respect one another and our facility, those who don't will no longer be welcome! So, below is just a few ways we can all make IB the best place for all.....

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- 1 If you don't know someone in class, introduce yourself to them, you could really make a difference to their day and help us make sure they get the best first impression of Imperial Bodies and look forward to coming back!
 - 2 Say "hi", "bye", smile, and fist bump/high five each other.... at any time.....for any reason!! We guarantee it'll bring a smile to the person on the receiving end!
 - 3 Classes & Team Widders - If there is someone still working through their workout cheer, support and encourage that person on to finish. We were all that person who started their fitness journey and there's absolutely no shame whatsoever to finish at the back of the pack!
 - 4 No excuses. No whining. No complaining. Negativity and lack of personal accountability is to be left outside of our gym along with egos and any form of prejudice.
 - 5 EVERYONE is equal and welcome here. We don't care if you're a millionaire or a student! Show up, work hard, don't make a mess with the chalk, and be a good human. If you can do those things, then you'll always be part of the Imperial Bodies family!
 - 6 Gym etiquette: Leave the gym BETTER than you found it! Every piece of equipment has a home. Put it back neatly where you found it. If you see something on the floor or out of place PICK IT UP AND RETURN IT!
 - 7 Get involved at every opportunity. Take pictures/selfies, support fellow members outside of the gym, join in our social events, and all the other cool stuff! Some of the people you meet here will become friends for life. Make the effort to be a good friend.
 - 8 Build each other up. Give and accept compliments freely, but police one another if needed. See someone not doing all the prescribed work? Let them know!! See someone having a rough day? Ask them if there's anything you can do to help. It's the little things that matter and we can all contribute to this on a daily basis.
 - 9 Mobility. Stretching. Do more of it!! (Yes, that means you!)
 - 10 Always come and speak to a member of Team IB if there is an issue or something you need to talk about. We are here and available to talk to, and ALWAYS open to feedback and suggestions.

TOGETHER we can make Imperial Bodies the best place to be!
