

A black and white photograph showing several hands clasped together in a supportive grip. The hands are positioned in the upper and lower right areas of the frame, with arms extending from the left and bottom. The background is a dark, solid color. The text 'HOUSE RULES' is centered in the middle of the image, and 'RELEASE' is at the bottom left.

**HOUSE  
RULES**

**RELEASE**

# INTRO

Congratulations! If you've received this document, it means that you are now part of our community.

When you enter Release, you get a chance to #EscapeEverydayLife. We offer our members a unique experience in the heart of Antwerp, on different locations, every single day.

As we do our best for you, we hope you do the same for us by following our principles to ensure our club remains an everyday escape.

**Thank you in advance for respecting our house rules.**

## GENERAL

- Place your bike in the designated area where it won't block our entrance or the passage.
- Smoking or vaping on the premises is by all means forbidden.
- Drinking alcohol is not allowed unless there is an event at our club.
- Always bring a towel when coming to the gym. If you do not have one, you can rent one at our front desk. For € 15 a month you have access to unlimited towels.

## ALLROUND BEHAVIOUR

- Respect others and treat everything and everyone how you (and your belongings) would like to be treated. For some people, Release is their second home and we hope someday, our club will mean the same to you. **Please treat our safe haven with appreciation and care.**
- At Release, everybody gets the opportunity to be themselves and to not be disturbed by others. Therefore, we created a **female zone**. Our female zone is solely for female members, men are not allowed in this area.
- Transgressive behaviour, meaning any behaviour that might cause harm or trouble, is by all means prohibited.
- The use of substances such as steroids or doping is strictly forbidden at our club.

# ATTIRE

We encourage self expression while maintaining a respectful environment. Please follow our club's dresscode.

- No bare upper body
- Only gym shoes except if you have a Reform/ Recharge/ Move class.
- No tanktops that are cut out too deep
- No clothing that might provoke others.

# NOISE

- Please don't be excessively loud at our club. Of course you can express excitement when you've finished your killer workout but think about our other members who could be completely focused at that exact moment.
- We have funky playlists at our club carefully curated by Ajna, Delafino and many more. If you're not into these beats, you can play your own music. Keep in mind that while doing so, you use your headphones.

# EQUIPMENT

Our equipment is from the highest quality, so use it with care and consideration.

- Clean the appliances after your use with the provided spray bottles and paper towels.
- Don't occupy our equipment longer than necessary.
- When using our weights (dumbbells, barbells, kettlebells, etc.), make sure that you do not drop them but place them gently on the floor.

# GROUP CLASSES

Group classes are a big part of our club. We offer a wide variety of classes, from performance rides to boxing to sound baths. Therefore, we want to give each member attending one of our classes the best experience they can have. This means that there are a couple of rules that come along with it.

- You start your membership with 5 points. Each time you booked a class but you don't cancel ahead of time, you will lose one point. Once you have 0 points, you need to pay a 35 euro fine. This is reasonable considering you are taking away someone else's chance to join the class.

# DRESSING ROOMS

- Keep the showers clean: use the mop provided.
- Don't forget your belongings.
- Use our lockers accordingly to put away your gear.

# SAUNAS

We believe in the saying '**Mens Sana in corpore sano**'. Wellness and fitness go hand in hand, therefore you may utilize our saunas.

**But with great benefits also comes great responsibility**, which is why there are some rules to follow.

- The sauna is a place to relax. Use it in silence.
- Respect each other's personal space.
- Always bring a towel in the sauna.
- For hygiene reasons, it is not allowed to wear clothing in the sauna.

We hope you will take our house rules into consideration. If you have any further questions regarding our rules, please contact our front-of-house crew.