Gym Rules

We are quite flexible, but our rules do not bend. Any violation of our rules or failure to follow staff instructions may result in a warning, fee, expulsion, or police notification. If you experience behaviour that does not align with the rules below, we would very much like to hear from you. Together, we create a safe and positive training environment.

You can always contact us directly – or share your experience confidentially via SafeSpace.

BEHAVIOUR & LANGUAGE
We want everyone to have a good experience when training with us. Therefore, we expect a positive and respectful tone, where members show consideration for one another and for our staff.

We do not accept threats or violence - nor behavior or language that may be experienced as offensive or disrespectful.

We also encourage you not to block machines unnecessarily and to give space to other members.

DISINFECTION
We encourage all members to clean machines and equipment (handles, seats, benches etc.) before and after using the provided disinfectant and paper.

ACCESS TO THE GYM
You must use your membership card (digital or physical) to access the gym. The membership card is personal and may not be used by anyone other than the member.

It is not allowed to let others go into the gym. Only members have access to training areas and changing rooms. Access for non-members is only allowed with permission from gym staff during staffed hours, for example if a companion is needed.
The gym must be vacated no later than five minutes before closing time. If you trigger the alarm by training outside opening hours, a fee of 950 kr. can be added to your membership.

TREATMENT OF EQUIPMENT & MACHINES
Our equipment must be treated with respect and only used for the exercises it is intended for.
Always ensure that equipment has contact with the floor before releasing it and put equipment back in its place after use - it improves the training environment for

everyone.

Liquid chalk is allowed; powdered chalk is not.

Equipment may not be taken outside the gym.

CLOTHING & SHOES

For safety reasons, training is only allowed when wearing clean, closed indoor shoes and clean, appropriate workout clothing.
Training bare-chested is not allowed. Clothing such as tank tops, sports bras or similar must cover the chest area.
To ensure a safe and welcoming environment, gang-related clothing, symbols or visible gang-related tattoos are not allowed. This also applies to political statements on clothing or accessories.

USE OF MOBILE & CAMERA

If you wish to listen to music other than that played in the gym, you must use headphones.

Phone calls in the gym should be kept to a minimum. Please be considerate of others and keep your phone on silent during your workout.

Members are allowed to take photos and record videos of their own training. Other members and staff must not be identifiable in photos or videos without their consent. If a member or staff member states that they do not wish to be included in a recording, the recording must be adjusted or deleted.

Mobile phones, cameras and any tripods must be positioned so that they do not block equipment or walkways. Recording equipment must be visible to other members. Video calls, as well as photo and video recording in changing rooms, toilets and shower areas, are not permitted.

If concerns arise regarding a recording, staff may ask to view the recording and request that it be adjusted or deleted.

Commercial and editorial filming or photography is only permitted with prior written approval from the head office. Applications may be sent to dkmarketing@puregym.com.

STORAGE & PERSONAL BELONGINGS

Personal belongings must be stored in lockers to reduce theft risk. Storage is at your own risk. We encourage members not to store valuables (e.g., watches and jewellery) in lockers.
Lockers are not personal and must be emptied after training. Padlocks left at closing time will be cut open and not replaced.
Bags, jackets and similar items must be stored in lockers and may not be brought onto the gym floor.
Lost items are kept for 30 days. After this, valuable items are handed over to the police.

DOPING

The use of doping is not accepted. If you test positive or refuse to be tested by Anti-Doping Denmark, you will be expelled.

Selling doping in the center will result in a police report and exclusion.

SUBSTANCES

Smoking, including e-cigarettes, are strictly prohibited in all areas of the gym.

You may not be in the gym if you are under the influence of alcohol, drugs, nerve medication, or other substances which may affects your ability to exercise safely.

PRIVATE ENTERPRISE
Private enterprise such as training guidance, personal training or other independent business is not allowed without prior written permission from our head office.

CHILDREN
Children without their own membership may not stay or train in the training areas, and may only be brought into the gym during staffed hours.
Infants in carriers or similar may be brought into the cardio area (e.g., treadmills or exercise bikes).
Parents are responsible for ensuring that the rules are followed and that children have a safe experience.

PETS
Pets are not allowed. The only exception is guide dogs and service dogs wearing visible and approved service vests.

RETURNS & EXCHANGES
No right of withdrawal applies to purchases from vending machines.

EMERGENCY EXITS
Emergency exits must not be blocked and may only be used in emergencies. The gym is under video surveillance, and misuse of emergency exits will result in a fee.

This version of Gym Rules is valid as of 12th September 2026.