First gym visit checklist

Know how to arrive, find help and get home.

Gym

Booking / induction time

Staff contact

Arrival plan

Before the visit

- [ ] Confirm opening hours and booking or induction requirements
- [ ] Check how entry and lockers work
- [ ] Read clothing and footwear rules
- [ ] Pack what the facilities require
- [ ] Allow time to find the entrance and changing area

At reception

- [ ] Ask where to put your belongings
- [ ] Find drinking water and toilets
- [ ] Ask how to request help with unfamiliar equipment
- [ ] Check cleaning and shared-equipment expectations
- [ ] Find out what to do if you feel unwell

Afterwards

- [ ] Write down useful equipment settings
- [ ] Note any questions for staff
- [ ] Record what you actually did
- [ ] Check your belongings before leaving

My additions

An induction is a chance to learn the facility. This checklist does not replace exercise instruction.

You do not need to fill every station or exercise into your first visit.