

Welcome to the Shine Employee Wellness Centre!

Below are Guidelines to follow while you are in the Wellness Centre:

- All users of the Wellness Centre are expected to be responsible, courteous, and safety conscious at all times and adhering to the Hamilton Health Sciences Code of Conduct Policy.
- Patrons utilizing the Wellness Centre or its programs must have their valid HHS/McMaster identification badge with them at all times.
- Participants must wear appropriate footwear and exercise attire when working out or participating in a fitness class: Running shoes, T-Shirts, shorts, warm-up suits, sweat suits, or fitness attire.
- No food allowed in the Wellness Centre, only resealable bottles of water or sports drinks permitted.
- If you're doing multiple sets on a machine, it's common courtesy to let others work in during your rest periods. This may not always be practical, but offer to share whenever possible.
- Maximum time allotted on cardio machines is 20 minutes when others are waiting, please be respectful of others.
- When using the exercise equipment, please use the wipes provided to wipe down the equipment after each use.
- Upon completion of your session, participants must take all their personal belongings with them.
- There will be times when the wellness centre will be booked for paid program sessions or other pre-booked sessions. During such sessions, the Wellness Centre will be unavailable for general use.
- Most importantly, have FUN!