

Gym Officer Manifesto:

I'm Jessie, a second year English student. This year I'm excited to contribute to the Fitz community by keeping the gym a safe, friendly environment :))

Aims:

- Encourage women and non-binary people to use the gym by advertising women & non-binary hours. I'd like to create a resource detailing why these hours are necessary to help users comply.
- Create laminated cards explaining how to do free weight exercises to invite beginners to feel comfortable using equipment safely.
- Communicate with gym users before purchasing new equipment
- Keep the gym a safe, covid secure space
- Create a friendly and welcoming environment where students feel comfortable to ask questions/make suggestions

Experience:

- Gym user
- Being a member of TEDX Committee has given me experience liaising with staff and working with Covid-guidelines

Emily Bell - Gym Officer

About me

Hi everyone! I'm Emily (she/her) a first year MMLer, running to be your next gym officer.

A newly converted gym lad (@Ollie Little), I'm looking to make sure the gym is a space everyone feels comfortable to go to and is managed well.

Sporting Experience

- Self-proclaimed gym lad
- Regular Fitz Pump attendee
- 5 years of rugby experience
 - 1 season at county
 - currently training with CURUFC
- 5 years of athletics
- 3 years of trampolining
- House captain (helping organise events, communicating with and involving the community)

Manifesto

- Continuing the work that has been done so far:
 - Ensuring our **amazing** gym is clean and WOH (women-only hours) are enforced.
- Depending on demand, adjusting when WOH are (e.g. more available in the afternoon).
- Looking over the booking system to ensure it is fair as possible and people are attending the time slots they have booked for.
- Looking into organising weekly/fortnightly challenges to encourage people to use the gym (maybe a cheeky wall of fame?)
- Overseeing the services of equipment and the replacing of old equipment

Questions?

Feel free to email me (eb827) 😊