

Regulations for the use of sports services on the territory of fitness clubs NEXT LEVEL

1. Training in the fitness club is allowed only during working hours.
2. The hall must be vacated 15 minutes before the end of working hours.
3. Group and individual training may be conducted only by coaches hired by the club or who have agreed in writing with it.
4. The first trainings of the clients in the fitness club should be held only after consultation with an instructor from the club.
5. All customers must wear appropriate sportswear while training in the gym and must change into clean sports shoes.
6. Equipment and other fitness equipment must be used for the purpose specified by the manufacturer.
7. The club is not responsible for items lost or left in the gym. Valuables must be stored in lockable safes at the club reception.
8. At the end of the workout, the client must return the equipment back to its designated location. Cardio equipment should be wiped with disinfectant according to the instructions.
9. Incidents should be reported immediately to fitness instructors.
10. It is forbidden to do exercises with free weights without assistance. All clients lifting weights need to make sure that at least one person can assist while they are exercising.
11. Customers may not borrow an appliance for longer than the time required to complete a single series. Customers are then required to share the device with others.
12. Television and music equipment may only be operated by club staff.
13. Customers are responsible for damage caused to the gym and equipment due to improper use.
14. If the equipment is damaged, notify the fitness trainer.
15. It is important to maintain order, cleanliness and tranquility in the gym. Training clients are required to be polite and respectful to others.
16. In case of inappropriate behavior of a particular client or clients, the club staff has the right to prohibit his / her entry or to evacuate him / her from the club. In some cases, club staff may also prohibit the client (s) from returning to the club.
17. Customers are required to adhere to generally accepted rules of personal hygiene.
18. In the sports hall it is not allowed:
 - a) Persons under the age of 18 to enter the hall unaccompanied.

- b) Clients should enter the fitness area with inappropriate shoes such as flip flops or sandals.
 - c) Clients perform exercises while sitting or lying on the equipment with a backrest without first placing a towel.
 - d) Creating situations where the safety of other trainees is endangered.
 - e) To conduct individual trainings by persons who have not agreed in writing with the club.
19. People with health problems can participate in group and individual training only after consultation with a doctor and instructor.
20. All trainees in the fitness club should undergo a medical examination at least once every six months.
21. Pregnant women can train only after presenting a medical certificate confirming that they can tolerate physical exertion. This document must be issued by a gynecologist.
22. Persons using an exercise room must read and strictly follow these rules and the Club Regulations.
23. The on-duty fitness instructor monitors whether customers comply with these rules and the Club Regulations. All people using the fitness club must follow the instructor's instructions.