

# CLUB REGULATIONS

1. Training at the fitness club is permitted only during official working hours.
2. Clients must leave the premises at least 15 minutes before the club's closing time.
3. Group and individual training sessions may only be conducted by coaches employed by the club or those with a written agreement with it.
4. All clients must wear appropriate sportswear while training and must change into clean athletic shoes before entering the workout area.
5. Fitness machines and equipment must be used only for their intended purpose as specified by the manufacturer.
6. The club is not responsible for any lost or left-behind personal items. Valuables should be stored in the secure lockers located at the front desk.
6. After completing a workout, clients must return all equipment to its designated place. Cardio machines must be wiped down with disinfectant, following posted instructions.
8. Any incidents must be reported to the front desk immediately.
9. All clients lifting free weights must ensure that at least one person is available to assist if necessary.
10. Clients may not occupy equipment for longer than needed to complete a single set. Afterward, clients are expected to share equipment with others.
11. Television and music equipment may only be operated by club staff.
12. Clients are responsible for any damage to the facility or equipment resulting from improper use.
13. Clients are required to notify the front desk if they notice damaged equipment or any irregularities.
14. Order, cleanliness, and a calm atmosphere must be maintained in the workout area. Clients are expected to be courteous and respectful toward others.
15. In cases of inappropriate behavior by any client(s), club staff reserve the right to deny them entry or ask them to leave. In certain cases, the client(s) may be permanently banned from returning to the club.
16. Clients must adhere to generally accepted standards of personal hygiene.
17. The following are not permitted in the gym area:
  - 17.1. Entry or training by individuals under the age of 14;
  - 17.2. Entering the fitness area wearing inappropriate footwear such as flip-flops or sandals;
  - 17.3. Performing exercises while sitting or lying on machines with backrests without placing a towel first;
  - 17.4. Creating situations that endanger the safety of others;
  - 17.5. Conducting personal training sessions without a written agreement with the club.
18. Individuals with health conditions may participate in group or individual training only after consulting with a doctor and instructor.
19. It is recommended that pregnant women train only after receiving confirmation from a gynecologist that they are fit for physical activity. Club staff are not liable in case of an incident.
20. All individuals using the club must read and strictly follow these regulations.
21. Club staff are responsible for ensuring that clients comply with the Club Regulations.