



Health Club Gym Policy

ATTITUDE AND ATTIRE

- Please bring your own towel or rent one from Health Club Reception; room towels are not permitted in the gym.
- Appropriate gym attire, including a t-shirt and closed-toe footwear, must be worn. Swimsuits are not allowed.
- Abusive language, shouting, and disruptive behaviour are strictly prohibited.
- The manager reserves the right to remove anyone from the gym for rule violations or safety concerns.

AGE & EXPERIENCE RESTRICTIONS

- The gym is only accessible to individuals aged 16 and above.
- Gym users must have prior experience and familiarity with the equipment.
- First-time users must be supervised by a trainer for safety reasons.
- Entry is prohibited for those unfamiliar with the use of gym equipment.

SAFETY & RESPONSIBILITY

- There is no instructor on duty. Guests use the gym at their own risk.
- The Health Club accepts no liability for injury, loss, damage, or fatalities caused to persons or property.
- Report accidents or injuries to reception immediately.

GYM ETIQUETTE

- Wipe down all equipment after use.
- Return equipment to its designated place after use; do not move equipment outside the gym.
- Only use sound equipment with headphones.
- Eating and smoking are strictly prohibited.

REPORTING ISSUES

- Report any rule violations or safety concerns to management promptly.

If you have any questions or need assistance, our reception team is here to help and support you on your fitness journey.