



VALLEX GARDEN FITNESS

Internal rules

The behavior of individuals within our facility reflects back on the club as a whole. All members and guests must conduct themselves in a manner consistent with reasonable, intended use of the club facilities.

Members who behave in a manner that is unfavorable to the facility, the welfare of the others, or in general damages the reputation of the club may have their membership terminated upon sole discretion of the club management.

1. **All gym users** are required to participate in gym orientation conducted by Vallex Garden Fitness instructor.
2. **Register** at the Reception at every visit.
3. **Clothing**
 - a. All users must be appropriately dressed in exercise clothing.
 - b. Clothing that comes with zippers or a sharp protruding object that may damage the upholstery of equipment is discouraged.
4. **Towels** - for hygiene purposes, users must carry a personal towel while working out in all exercise stations.
5. **Prohibitions** at Vallex Garden Fitness –
 - a. Smoking and consumption of food or alcoholic drinks is prohibited in the gym.
 - b. The use of personal exercise equipment at the gym is not allowed unless prior approval is given.
 - c. Phone usage is not permitted in any of the fitness activity areas of the club.
6. **Personal Conduct** - users should refrain from talking loudly or indulging in noisy activities (for example, shouting or dropping of weights forcefully that may annoy other members) or any other conduct that is deemed improper at Vallex Garden Fitness.
7. **Use of Equipment**
 - a. Users must observe all safety regulations pertaining to the use of exercise equipment.
 - b. Users are to return all equipment to their respective places after use.
 - c. Under no circumstances shall any exercise equipment be removed from the gym.
 - d. A member or his/ her guest, who is responsible for the loss/ damage of the equipment in the gym, shall bear the cost.
8. **Age restriction** – persons under the age of 16 are not permitted (except swimming pool) in the gym unless accompanied by their responsible adult.

9. The Management and its authorized staff reserves the right to refuse entry into Vallex Garden Fitness.

10. **Safety and Indemnity** - all first time users are advised to have a physical/ medical examination prior to undergoing such activities.

11. The Management **reserves the right to amend and vary rules** and regulations at its discretion.

Have fun and be healthy!

Administration

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