



RULES OF THE GYM

1. ALL MEMBERS MUST PRODUCE A MEMBERSHIP CARD, which will be issued at Reception. Please ensure that you carry your card at all times in the gym. Members who do not have membership cards will be refused entry.
2. Children between the age of 12 and 16 are not allowed in the studios, squash courts or on the equipment. All children must be accompanied by adults. If, however, children would like to play squash with parents, special arrangements can be made at Reception.
3. Non-marking shoes only are allowed on the squash courts. No other shoes will be allowed. You will be asked to leave the squash courts.
4. Squash courts must be booked in advance.
5. Each member must bring their own towel when training especially when using the equipment.
6. No bags are allowed in the training area or studios.
7. Please shower before using the swimming pool and steam room.
8. Please wear a swimming cap before entering the swimming pool.
9. Please do not drop weights. Please replace them carefully after using them or ask for assistance.
10. The correct gym attire must be worn. TRAINING SHOES, GYM TIGHTS, TRAINING SHORTS, T-SHIRTS - NO DENIMS.

11. MEMBERSHIP PRIVILEGES

Members will be admitted to activities such as open lounge, fitness training rooms, locker room, the steam room, and other designated facilities at no additional charge, as same may be available from time to time. Not all programs, benefits, facilities, equipment, etc. will be available at all times. Memberships are not assignable or transferrable and any attempted transfer or assignment shall be null and void.

12. MEMBER'S RESPONSIBILITY

All use of the Club shall be undertaken at the member's sole risk, and the Club, Managers and/or Employees shall not be liable for any harm, injuries or damage to the member and/or its property, or be subject to any claim, demand, liability or damages whatsoever, including, without limitation, those resulting from acts of active or passive negligence on the part of Club, Managers, Employees, successors, its officers and/or agents, for all such claims, demands, liabilities, damages, actions or causes of actions. It is specifically agreed that Club, its Managers and/or Employees shall not be responsible or liable for articles lost, damaged or stolen in, about or in connection with the Club nor for loss or damage to any other of the member's property, including automobiles and contents. It is also agreed that any damages to Club, its Manager and/or Employees or its contents and/or property OR the property of any member by another member is the sole responsibility of the offending member. The foregoing notwithstanding, neither Club and/or its Manager and/or Employees shall be relieved by this paragraph herein from liability for its own gross negligence and/or wilful misconduct. Children must be supervised by a responsible adult at all times. By entering upon these premises, I have read and understood this disclaimer notice and the terms and conditions of admission and by so entering agree hereto.

13. RULES AND REGULATIONS

I, the undersigned, acknowledge that the Club operates under rules and regulations established for the safety, comfort and protection of members or other patrons and I will abide by and be bound by all posted rules and regulations, as well as by rules and regulations subsequently approved and posted or published by the Club. Rules and regulations of the Club, in effect from time-to-time, are incorporated into this Agreement by reference and made a part hereof. Facilities, equipment, amenities, hours, service, regulations, and policies are subject to change, without prior notice, at the sole discretion of the Club, and I accept such reasonable changes as a condition of membership.