

## The internal rules of gym

- Always register yourself at the reception when you come to the gym.
- **Children under 8 years old are forbidden to come to the gym!**
- Children 8-13 years old are not allowed in the gym unaccompanied by an adult.
- 14 years old children may come to the gym alone.
- In the gym use only indoor footwear,  
**DO NOT TRAIN BAREFOOT or in FLIP-FLOPS!**
- Always wear appropriate gym clothes (**bare torso training is not allowed**).
- **Always clean training device after using**, the detergent is on the wall in the gym.
- We recommend you to use a workout towel.
- Feel free to ask advice from the trainer about, how to use workout equipment and change the weight.
- Do not occupy workout equipment only to yourself, give others the opportunity to use them.
- Do not let the weights and weight plates to fall the floor, put the weights back to the shelf after using them.
- Do not raise weights above padded bench.
- Intentional violation of the gym property or stealing will lead to suspending your membership.
- Do not allow unauthorized persons to the gym.
- Administrator writes the gym card validity date, please follow it and any unauthorized modification is prohibited.
- The gym's card is in on your name and it is forbidden to transfer to a third party.
- sporting center can be reached Mon-Thu until 20.00 and must leave no later than 21:00 and Fri until 19.00 and must leave no later than 20:00
- If a visitor does not stick to the gym internal rules then the administrator has the right to cancel access to the gym, and the cost will not be refunded.

**We have video surveillance!**