



Royal Gym
&Fitness



GYM & FITNESS REGULATIONS

1. **Royal GYM & FITNESS** remains at the disposal of Guests of Royal Tulip Warsaw Centre from 07:00 to 23:00
2. The use of the gym is possible after reading these Regulations.
3. The gym is dedicated to people who have no health contraindications to exercise. Persons with health problems should consult a doctor before starting to exercise.
4. Only persons exercising are allowed in the gym.
5. It is forbidden to use the gym under the influence of drugs or alcohol.
6. Entering the gym is possible only in an appropriate and complete sports outfit and clean (changed) sports shoes.
7. It is compulsory to use a towel while exercising. Equipment must be disinfected after use.
8. The staff has the right to refuse entry to the gym to persons without appropriate sportswear for exercise, in particular footwear.
9. Children under 16 years of age are not allowed in the gym. People over 16 years of age and under 18 years of age may use the gym with the knowledge and consent of a parent or legal guardian (at the request of the service, the Guest is required to present a document confirming their age)
10. Exercises on the equipment should be performed after reading the instructions for the particular piece of equipment. All gym equipment and exercise equipment may only be used for their intended purpose.
11. The participants are obliged to perform the exercises safely, i.e. to exercise with loads that they can control themselves. Exercises with heavier loads should be performed with the assistance of another person.
12. People using the gym who feel unwell during exercise or stay at the gym are required to stop exercising immediately and notify the Royal Tulip Warsaw Centre staff.
13. Before exercising, it is essential to warm up in order to avoid injuries.
14. The use of the equipment should be carried out in a safe manner, i.e. with care for the safety of people, respect for the equipment and the room.
15. The condition of the equipment should be checked before exercising - any faults, damage to the equipment and devices should be reported to the Royal Tulip Warsaw Centre staff.
16. It is forbidden to perform exercises on damaged or faulty equipment.
17. It is inadvisable to occupy exercise stations while resting.
18. Once the exercise has been completed, the equipment and position should be tidied up.
19. The staff shall have the right to ask out persons who violate the provisions of these rules and regulations or who they reasonably suspect will violate these rules and regulations or the law.
20. People exercising will be financially responsible for any damage/damage they cause to the gym premises, in accordance with the law.
21. Facility staff reserve the right to temporarily limit the number of people in the gym. Users will be informed of the restriction before using the gym.
22. Independently and without prejudice to the rights provided for by generally applicable law, all complaints may be submitted to the Property Manager via the reception of Royal Tulip Warsaw Centre.