

i-Fitness

Branch

Rules and

Regulations

Branch Rules

1. Acceptance to train in this facility implies that as a member you are aware of your health condition/status which permits you to train in our Gym facility.
2. Please ensure that you take the time to warm up before exercise and cool down after your routine.
3. If you experience acute pain, dizziness, sudden headache or chest pain, stop exercising immediately & inform a staff member.

General Branch Use

4. Please take note of the operating hours displayed at all branches. Opening and closing times may vary.
5. Pets (other than guide dogs) are not permitted.
6. Firearms or other weapons are not permitted.
7. Smoking is not permitted anywhere on the branch premises.
8. You can not bring alcohol or drugs into the Branch.
9. You can not sell and/or market any product or service to other members while in the branch.
10. You consent to us using your image if taken during official photo shoots.
11. The use of I-Fitness' logo for promotional, marketing, or advertising is prohibited.
12. Facilities may vary from branch to branch.



■ Access Policy

13. You will be issued with an I-Fitness QR code when you join the branch. You will not be permitted to access the branch unless you use the QR scanning code.
14. All members must have their photograph taken when obtaining their access QR code.
15. Unfortunately, neither you nor your dependents will be permitted to enter the Branch if your membership fees are not in good standing or if we have terminated, suspended, or frozen your membership.

■ Guest Policy

16. Normal guests accessing the facility will be required to pay guest fees.
17. Quarterly and Annual Member's guest are only welcome on Saturdays.
18. Normal guest must complete the guest register and provide a copy of their ID/Passport or driver's license before entering the Branch.
19. All guests must be over 18 years of age.

■ Behavior In Our Branches

20. You may not enter the branch or use the facilities while under the influence of alcohol, illegal drugs or performance enhancing drugs.
21. We have a Zero Tolerance to confrontation and/or violence at the Gym. Your membership may be revoked solely on this grounds.
22. You are not allowed to use foul, loud, or abusive language and must not be physically or sexually abusive toward, or harass other members, or members of staff and you will not bring the name of I-Fitness and/or I-Fitness members into disrepute or paint them in a bad light.

23. Language that discriminates based on race, gender, sex, disability, social origin, or any other subject in our sole discretion will not be tolerated.
24. You will be liable to pay for any damages caused by you, your dependents or guests while in the Branch.
25. Only one individual is permitted in a shower cubicle at a time.
26. Suitable & appropriate exercise clothing must be worn at all times while exercising in the Branch. Closed training shoes must be worn at all times.
27. Please replace all equipment and weights where you found them.

Use of Lockers & Personal Belongings

28. Lockers are provided in the change rooms to store your gear while you train (please bring your own padlock). We do not undertake that the use of a locker will guarantee that theft of, or damage to your property will not occur. Please check that your personal insurance policy covers you for loss of personal items. We do not accept responsibility for any loss or theft of money or damage to personal property of members or their guests whether locked in a locker or otherwise.
29. Do not leave your belongings unattended in the changing/Locker rooms or anywhere else in the Branch at any time, and report any lost items immediately.
30. Management reserves the right to open a locker (by force if necessary), if we have reasonable grounds to suspect that a locker is being used for storage of anything.
31. No locker should be left overnight. Any belongings left over night, will be removed, and donated to charity, if not claimed within 5 days.

Use of Equipment

- 32. Please use the equipment for its intended purpose and follow the instructions provided.
- 33. Please inspect equipment before use and do not use equipment that appears damaged and/or inoperable or if any component appears to be missing or damaged.
- 34. Please report damaged equipment to a staff member.
- 35. When using strength equipment, make sure that the weight pin is completely inserted. Never pin the weight stack in an elevated position. Inspect all cables, straps and other connections.
- 36. Please do not use dumbbells or any other equipment, other than equipment specifically provided by the manufacturer, to incrementally increase weight resistance on strength equipment.
- 37. Ensure that the belt has come to a complete stop before stepping onto/off a treadmill.
- 38. With the exception of water bottles and sports drinks, no food, drinks or bags are allowed on the training floor.
- 39. Please use a sweat towel/sanitary wipes at all times and wipe equipment after every use.

Use of Studios

- 40. Some classes may need to be pre-booked or may have maximum head counts.
- 41. Class timetables and Instructors may change from time to time without notice. Please check the website and notice board at the branch for all the latest details.
- 42. Please arrive 5 minutes before the class starts.

43. Once a class is in progress, it is advisable that members do not join for safety reasons.

44. Please inform your instructor of any injuries, illness or if you are pregnant.

Personal Training

45. If you're interested in getting a personal trainer, you will find all the details on our Personal Trainer boards. Please ask any of our helpful staff (Branch operations manager, customer experience officer) or ask at the reception for any assistance and they will gladly help.

46. Only authorized i-Fitness Personal Trainers are permitted to provide Personal Training in our Branches. Personal Training by other members is not allowed whether it's for payment or not. If we find someone providing unauthorized Personal training, our GM/Operations Manager will investigate, and you and the trainer may be expelled or suspended.

Safety

47. Please do not tamper with fire doors or any safety devices.

48. Please follow the health and safety notices displayed throughout the branch.

49. In particular, you are required to follow all health protocols required to control the spread of Covid-19.

50. Please take note of the emergency procedures. If there is an emergency, please follow the staff's instructions at all times.

51. Please do not run in the Branch and be aware of the different floor surfaces that you move across as you walk through the Branch. Ongoing cleaning and maintenance will be taking place. Related tools and equipment may be hazardous, and some floor surfaces may be wet, and therefore slippery. Please proceed with caution.

52. Please report any injuries, incidents, or hazards to staff members

• Waivers & Release

- In the act of becoming a member at I-Fitness (referred to as the company), You acknowledge and agree: that the company will not be liable for death, injury, loss, or damage suffered by you or guests who accompany you to the gym (and are under your care in terms of these rules) resulting from or contributed to by any cause whatsoever, including but not limited to, negligence and/or an omission or breach of contract on the part of the company, its directors, employees, contractors, independent consultants or other members. The company premises will be entered and exited entirely at your own risk.