

# INSTRUCTIONS FOR MEMBER [Must Read and Kindly follow]

## Workout room rules

- Consult a Certified trainer before beginning an exercise.
- Use the equipment properly and follow the directions carefully.
- Do not lean on the equipment. Keep your hands away from any moving parts.
- Children under 18 must be accompanied by an adult.
- Proper fitness attire is required. No boots, street shoes, sandals or barefoot
- Sportswear must be worn all times.
- Please be considerate of others.
- The charges taken from you for one hour gym utilisation only.
- During peak hours limit your time on the Treadmill, Stationary Cycling etc to 2 / 3 minutes
- Please pick up your belongings (Towels, water bottles etc..)
- Wipe down each piece of equipment for the next user, if there is any stain or sweat on it.
- No wet bathing suits inside the gym.
- No Drugs / beverages and smoking
- No eating drinking or horseplay permitted.
- No pets permitted in gym.
- Return weights to rack after use.
- Use a spotter when lifting; no exceptions.
- Turn off electric switches when leaving.

## Don't

- Any kind of business in the premises of gym.
- Drop or bang the weights.
- Visit with dull, good or bad smelling clothes.
- Use chewable items.
- Use mobile phones.
- Enter the gym when you have epidemic diseases.
- Enter the gym soon after visiting patients or hospital.
- Make unnecessary noise.

## Things must be informed to the management:

- Please don't use any IC park electrical assets before taking prior permission ( it includes strictly GYM equipments )
- No entry for Non members or third party trainers without our permission.
- Any type of physical limitations of the guests.
- Children under 18 years with the guests..
- About damaged equipments.

## Management is not responsible for:

- The damage that may occur to the equipment which is using by the Client/Guest(in case as mentioned above, Charges will be taken).
- Any injury that may occur.
- Your valuable belongings.
- The breakable objects of the guests.

*\* There will not be any refund on payments/ Guest and clients are request to follow your selected package  
\* ICP - Management reserve the right to make any changes at any time for the above rules and regulations including terms and conditions*

I agreed .....

Date :    /    /   

Signature : .....