

TERMS AND CONDITIONS

- The Fitness Centre is for the eligible users (who are admitted based on payment basis) only. Guests and spectators are not allowed inside the fitness Centre.
- Workout is allowed only one time in a day. Members are allowed to spend only up to 2 hours in the gym for a single session.
- Only trainers who are employed in the gym are allowed to instruct gym members. Ask for assistance from the fitness staff if you are unfamiliar with equipment.
- Children under the age of 18 are not permitted in the Fitness Centre (except State/ National players/Sports hostel students)
- Cardiovascular equipment such as the treadmills shall be used only for 20 minutes. Do not use weights while on cardio equipment.
- All free weights and plates are to be returned to their respective racks after use.
- Cups and mugs are not allowed in the Fitness Centre. Towels and Gloves are mandatory in the Fitness Centre.
- Tracksuits or shorts and t-shirts must be worn at all times.
- Outdoor footwears are not allowed in the gym. Clean footwear should be worn at all times. Dry sneakers / shoes should be used. Dress shoes, boots or sandals are not permitted.
- Offensive language or behaviour is not allowed. Clashing weights, excessive noises and mistreatment of equipment shall not be entertained.
- Anyone under the influence of alcohol or drugs will be sent out and their usage will be terminated.
- Do not sit on the chair meant for the trainer and equipment between sets.
- Users are requested to clean the machine including free weight benches and mats after use.
- Do not touch television, music system etc. Users must exit the fitness Centre promptly.
- No smoking or food is permitted in the facility
- Individuals not adhering to these directions may be asked to leave the facility.
- Management reserves the right to terminate the admission of those who violate the rules at any time.
- Management reserves the right to refuse entry, cancel the usage or direct the user to leave the premises if the user does not behave in a responsible manner or is under the influence of drugs/alcohol or who by their actions poses a health and safety risk to others or does not adhere to the general rules and regulations of the fitness Centre.
- Management shall not be responsible for any kind of accidents or health related issues happening in the Fitness Centre.
- The use of performance enhancing nutritional supplements/drugs are not allowed in the Fitness Centre.
- Fee once paid shall not be refundable. Membership fee is valid for 1 year only.

I agree to abide by all the rules and regulations stated above. I hereby undertake that I shall compensate any damage to the equipments and properties caused by my actions. I also undertake that I shall not hold the management and administration responsible for any loss or damages of my property (mobile, wallet, hand bags, towels etc) brought inside the fitness centre.

Name

Signature

Date