

ATRIUM HOTELS

Gym & Fitness Area

Which are the Gym rules?

- Children under 12 years are not allowed in the Gym area. Children between 12 and 18 years must be at all times accompanied by an adult and are strictly prohibited from using the gym equipment.
- You are advised to wear sport shoes and keep your shirt on during your training.
- Use equipment at your own risk and only if you are in proper health condition to do so. There is no supervisor on the premises. Management is not responsible for any injury you may suffer.
- Use equipment properly and follow the instructions carefully. Return weights and dumbbells to respective racks after use. Do not drop the weights on the floor.
- No food, smoking, alcoholic beverages or glass containers permitted in the facility.
- Use of performance-enhancing drugs or dietary supplements is strictly prohibited.
- Please be courteous and respectful to others. Refrain from talking on your phone and retain a sportsmanlike behavior considerate to others.
- During peak hours or while others are waiting, limit your time on the Aerobic machines to 20 minutes.
- Please be watchful of your belongings. Leave your valuables at your room and take care of your personal belongings while you are in the facility. Management is not responsible for any loss.
- Please report faulty equipment to the reception.

Management reserves the right to refuse entry or use of the fitness facilities if any of the above rules is violated.