

FITNESS CLUB REGULATIONS

1. Training in the fitness club is only allowed during working hours.
2. Clients must have left the club premises 15 minutes before the end of its working hours.
3. Group and individual training can only be conducted by trainers hired by the club or agreed in writing with it.
4. All clients must wear appropriate sportswear while training in the gym and must change into clean sports shoes.
5. Fitness equipment and accessories must be used for the purpose intended by the manufacturer.
6. The club is not responsible for items lost or left in the gym. Valuables must be stored in the lockable safes at the club reception.
7. After finishing the training, the client must return the equipment to its designated place. Cardio equipment must be cleaned with a disinfectant according to the instructions.
8. Incidents must be reported immediately to reception.
9. All clients lifting free weights must ensure that at least one person is available to assist during the exercise, if necessary.
10. Clients may not use a machine for longer than the time required to complete a single set. Thereafter, clients are required to share machines with other exercisers.
11. Television and music equipment may only be operated by club staff.
12. Clients are responsible for any damage caused to the gym and equipment due to improper use.
13. The client is required to notify the reception staff if they notice damaged equipment or any other irregularity.
14. It is important to maintain order, cleanliness and peace in the gym. Training clients are required to be polite and treat others with respect.
15. In cases of inappropriate behavior of a specific client or clients, the club staff has the right to prohibit his/her entry or to remove him/her from the club. In some cases, the club staff may also prohibit the client/s from returning to the club.
16. Clients are required to adhere to generally accepted rules of personal hygiene.
17. Persons between 10 /ten/ and 13 /thirteen/ years of age must train in the Fitness Flais facilities with a qualified fitness instructor.
18. Persons between 14 /fourteen/ and 17/seventeen/ years of age inclusive, may conclude Contracts for the provision of Sports Services and Distance Contracts for the provided subscriptions, only after providing a written declaration of consent from a parent/guardian. A declaration form can be obtained at the reception desk at the Fitness Flais Facilities.
19. The following is not permitted in the sports hall:
 - 19.1. Access to the Flais Facilities is not permitted to persons under 10 /ten/ years of age. An exception to the previous sentence is allowed only when the person is a participant in a group activity specifically intended for children of a younger age.
 - 19.2. Clients entering the fitness area with inappropriate footwear, such as flip-flops or sandals;
 - 19.3. Clients performing exercises by sitting or lying on the equipment with a backrest without first placing a towel;
 - 19.4. Creating situations in which the safety of other people exercising is threatened;
 - 19.5. Conducting individual training sessions by people who have not agreed in writing with the club.
20. As an exception to the general age requirements and in consideration of the specific status of the Premium Fitness Flais Millennium facility, access for persons under the age of 18 is permitted only with the constant presence of an adult companion (parent or guardian) who must hold a valid subscription or an active access card (e.g., MultiSport) for the facility. The companion is required to accompany the minor throughout the entire training process in the gym areas, assuming full responsibility for the minor's conduct and safety, as well as for compliance with the rules of the facility and Grand Hotel Millennium. Independent stay or training by persons under the age of 18 in the facility is strictly prohibited, regardless of the type of subscription purchased or the submission of a written declaration of consent from a parent/guardian.
21. People with health problems may participate in group and individual training sessions only after consulting a doctor and instructor.
22. It is recommended that pregnant women train after confirmation from a gynecologist that they can withstand physical exertion. Club employees are not responsible in the event of an accident.
23. People using the club must read and strictly comply with these rules.
24. Club staff monitors whether customers comply with the Club Rules.