

## REGULATIONS AND TERMS OF GYM AND STUDIO FITNESS



Apply from 9.12.2024 r.

1. **Operating Hours:** The Gym and Fitness Studio are open Monday to Friday from 7:00 AM to 10:30 PM, and on Saturdays and Sundays from 8:00 AM to 10:00 PM.
2. Users must leave the Gym and Fitness Studio 15 minutes before closing time.
3. By purchasing a Membership or Single Entry Pass, users accept the terms of these Regulations.
4. Access to the changing rooms is granted based on a transponder from the Customer Electronic Service System, which is obtained after purchasing services according to the current price list. The transponder must be worn on the wrist.
5. Bags and clothing must be left in the changing rooms.
6. Users are required to wear appropriate sports clothing and shoes with cushioned, clean soles while exercising. Upon receiving the transponder, users should proceed to the changing room to change into clean, non-slip sports shoes and sportswear.
7. Users must carry a personal towel to place on gym equipment or mats during fitness classes.
8. Users must disinfect the equipment after use.
9. Persons under 18 years of age are not permitted to enter the Gym and Fitness Studio, including the reception area of the facility.
10. Entry to the Gym and Fitness Studio is only allowed during operating hours.
11. Users exercise on the equipment at their own risk.
12. Access to the Gym and Fitness Studio may be temporarily restricted if the maximum capacity is reached.
13. CSiR Przystań na Eisenberga reserves the right to refuse the sale of Memberships or Single Entry Passes without giving a reason.
14. Users should use the equipment in accordance with the instructions provided by staff and the user manuals of the equipment.
15. All equipment in the Gym and Fitness Studio must be used according to its intended purpose. If unsure how to use the equipment, users should consult an instructor (trainer).
16. Users must follow the instructions of the supervising staff or instructors to ensure their own safety, the safety of others, and to preserve the equipment and facilities.
17. Users must tailor their exercises to their physical capabilities and health conditions. Before starting, users should consult with an instructor (trainer). CSiR Przystań na Eisenberga does not assume liability for injuries or health issues resulting from the user's personal health conditions, failure to disclose relevant health information, or failure to follow the instructor's advice.
18. It is prohibited to use damaged or malfunctioning equipment.
19. Users are not allowed to fix stuck weights or use non-standard locks and pins.
20. Weights on stacks must not be dropped abruptly.
21. Special attention should be paid to the condition of steel cables and weight mechanisms. Weight lifting with barbells requires special supervision, and instructors (trainers) should check the condition of equipment before use.
22. Fitness classes are conducted according to a pre-set schedule, available at Reception and on the website [www.przystannaeeisenberga.pl](http://www.przystannaeeisenberga.pl).
23. Persons under 18 years of age are not permitted to participate in Fitness classes.
24. Users are responsible for ensuring their health condition is adequate for participating in Gym and Fitness Studio activities.
25. For safety, users should check the condition of the equipment before starting their exercises.
26. Exercises should be performed in the designated area where the equipment is placed.
27. After completing exercises, users must return the equipment to its proper place and leave the area clean and orderly.
28. Any equipment defects should be immediately reported to the staff or Reception.
29. Users are liable for any damage to equipment resulting from improper use and will be charged 100% of the repair costs.
30. After using the equipment, it must be returned to its designated place.
31. Failure to cancel a personal training session at least 24 hours before the scheduled time will result in the session being considered attended.
32. Only trainers from CSiR Przystań na Eisenberga are authorized to conduct personal training, fitness education, physical activity coaching, rehabilitation, and nutrition consulting.
33. Users wishing to participate in fitness classes must register in advance for their selected class. Reservations can be made at Reception, by phone, through the mobile app Fitssey, or via the website [www.przystannaeeisenberga.pl](http://www.przystannaeeisenberga.pl). Online and mobile app reservations must be made no later than 4 hours before the class.

34. Online and mobile app reservations are available only to users with a Gym Membership.
35. Users can cancel a group class reservation no later than 6 hours before the afternoon class and 12 hours before the morning class. Cancellations can be made in person at the Gym and Fitness Studio Reception, by phone (721-949-101), or online via the website [www.przystannaieisenberga.pl](http://www.przystannaieisenberga.pl) or the Fitssey mobile app.
36. If a user misses or cancels two group classes late within 14 days without prior cancellation, they will be blocked from reserving group classes via the Fitssey mobile app for 7 days, and any current bookings will be canceled. During the block period, users can only reserve a class in person at Reception, no earlier than 45 minutes before the class starts.
37. The minimum number of participants for group classes is 3 from July 9th, to August 31st, and 4 from September 1st, to July 8th.
38. If the minimum number of participants is not reached, the class will be canceled, and the club will notify registered participants.
39. The maximum number of participants varies by class type.
40. Users who have reserved a spot have priority over walk-in participants.
41. If the maximum number of participants is reached, a waiting list will be created. If a registered participant cancels, the first person on the waiting list will be informed and given the spot.
42. CSiR Przystań na Eisenberga reserves the right to change the schedule or cancel group classes in case of emergencies or schedule adjustments.
43. If a user is more than 5 minutes late for a fitness class (including time to change clothes), they will not be allowed to participate for safety reasons.
44. Only exercising users and their caregivers are allowed in the studio.
45. If the group instructor has doubts about the number of people in the class compared to the reservation list, they are entitled to verify the identity of participants and ask those not on the list to leave.
46. First-time participants in group classes must inform the instructor before the class starts.
47. Users must inform the group instructor of any health issues, including pregnancy, injuries, or general malaise, before participating in group classes.
48. It is prohibited to use the studio if:
  - a) under the influence of alcohol, drugs, or other similar substances.
  - b) there are medical contraindications.
49. After completing exercises, users must leave the area clean and orderly.

### **Responsibilities and Penalties:**

1. The management and staff of CSiR Przystań na Eisenberga are not liable for lost or stolen valuables on the premises.
2. A fee of 100.00 PLN is charged for losing the transponder wristband.
3. A fine of 500.00 PLN will be charged for unauthorized personal training or group class activities conducted on the premises, as well as for participation in such activities.
4. The management of CSiR Przystań na Eisenberga is not responsible for accidents resulting from non-compliance with these rules.