

Acrylic Sandwich Board With 4 Side Stude

Size - 18 X 24 Inch - 1 No.



Fitness Centre Rules

- ☐ **The Golden rule:** Treat others how you would like to be treated. Always be courteous and respectful to others.
 - ☐ **Dress Code:** Proper fitness attire is required such as track pants/shorts/ t-shirt with Sports shoes. Night wear clothing, boots, street shoes, chappals/ sandals are not allowed.
 - ☐ **Use proper technique :** Know how to use equipment and your body's limits to avoid injury. Instructor will be available at designated hours for assistance. Guests under the age of 18 must be accompanied by an adult.
 - ☐ **Equipment Use :** Use one machine or piece of equipment at a time and allow others to use equipment in between your sets. Avoid dropping heavy weights on floor and excessively loud grunting.
 - ☐ **Share equipment not sweat:** Always wipe down sweat from cardio equipment and weights, after using them.
 - ☐ **No roadblocks:** Keep your bag and equipment out of the way of others. Kindly put weights back on the rack after use. Take care of your phones, jewelry and belongings while exercising. Hotel will not be responsible for any loss of belongings at the fitness centre.
 - ☐ **Respect others:** Don't interrupt other's workouts with conversation, particularly people wearing headphones. Don't talk on phone/ take pictures/ videos as it disturbs others. No food or drinks are allowed in fitness centre (except water). It is a no smoking area.
 - ☐ **Know your limits:** Don't use the fitness centre if you are sick or have undergone recent surgery. If you suffer from heart ailments/ blood pressure/ or are pregnant, you must consult your physician before starting exercise. Do not use fitness centre if you have consumed alcohol or heavy medication as you may injure yourself.
 - ☐ **You must stop your exercise if at any time you feel weak or dizzy.**
- IN CASE OF EMERGENCY PLEASE CALL ON EXT. "3"