

# ARCHE

## KLASZTOR WROCŁAW

### GYM – RULES AND ETIQUETTE

Welcome to our Gym.

FOR YOUR COMFORT AND SAFETY, PLEASE FOLLOW THE RULES BELOW:

1. The gym is open from 06:00 AM to 10:00 PM and is available exclusively to guests of Arche Klasztor Wrocław and Arche Apartmerty Przy Klasztorze.
2. Guests use the gym and its equipment at their own risk.
3. All users declare that they have no medical contraindications to physical exercise and perform all activities at their own responsibility. Guests with health issues should consult a doctor before exercising.
4. The gym is available only to guests over 16 years of age.
5. The facility is not responsible for damage or loss of valuables left unattended.
6. The use of the gym after consuming alcohol is prohibited. Exercising after a heavy meal is strongly discouraged.
7. Please note that smoking is prohibited throughout the entire facility.
8. For safety reasons, the gym area is monitored.
9. Before exercising, users must check the condition of the equipment. Any faults or damage should be reported to the reception.
10. All gym equipment must be used only for its intended purpose.
11. Please wear appropriate sports clothing and footwear.
12. Please behave respectfully and courteously towards other gym users and refrain from recording or taking photos of others without their explicit consent.
13. To ensure comfort for all users, please disinfect equipment after use.
14. Please return equipment to its designated place after use.
15. Towels are provided for your convenience and comfort.
16. In case of an emergency, please contact the reception immediately at: **+48 71 778 78 00**.
17. Persons violating these rules may be removed from the gym area.
18. ARCHE S.A. is not responsible for consequences resulting from failure to comply with these regulations.
19. These rules constitute an integral part of the general facility regulations.

Thank you for your understanding and cooperation.