

THE BODYBUILDING GYM PRICELIST

- Using the Bodybuilding Gym is included in the hotel day price
- Single entry for external Guests: PLN 20/1h
- A pass for external Guests: PLN 150/10 1h entries (valid for 12 months from the purchase date)

THE RULES AND REGULATIONS FOR USING THE BODYBUILDING

I. GENERAL PART.

1. Before using the Bodybuilding Gym, one should get familiarized with the Rules and Regulations.
2. An absolute compliance with recommendations concerning safety contained in the Rules and Regulations of the Bodybuilding Gym is binding on its users.
3. Persons violating order, or the provisions of the Rules and Regulations, may be deprived of the possibility of using the Bodybuilding Gym.
4. All users of the devices and the equipment of the Bodybuilding Gym are required to wear sports clothes and clean exchangeable shoes.
5. Children of up to 14 years of age may use the devices and the equipment of the Bodybuilding Gym under care of an adult.
6. No more than 10 persons may use the devices and the equipment of the Bodybuilding Gym at the same time and the priority of use is vested in the Hotel Guests.

II. THE PRINCIPLES OF USING THE BODYBUILDING GYM

1. Clothes and other objects should be left in the cloakroom before entering the Bodybuilding Gym.
2. Before commencing exercises on the training devices and the exercise equipment, the user should check the technical condition of a device which he/she will use and in the case of noticing any defects report this fact at the reception, otherwise the responsibility for possible damages will fall on the users. To assure safety, using a damaged device/equipment is prohibited.
3. Exercises on particular training devices should be performed at the places where they were set.
4. Moving about the training devices or introducing regulations which could threaten safety is prohibited.
5. After completion of exercises, the devices and the equipment used should be left in a good technical condition.
6. After completion of exercises, one should tidy up the stand, and in particular:
 - Put aside the dumbbells on the rack
 - Disassemble the barbells and place the rings on the rack
7. An abrupt lowering of the weights placed on the stacks is prohibited.
8. Consuming alcoholic beverages in the premises of the Bodybuilding Gym and the presence of the persons under influence of alcohol are prohibited.
9. Persons using the training devices and the exercise equipment do this on their own responsibility.
10. Hotel Klimek **** SPA does not provide for the professional instructor's care in the Gym.

III. LIABILITY AND PENALTIES

1. The Hotel is not liable for valuable objects, cash, payment cards, mobile phones left in the premises of the Gym, the cloakroom or other premises neighboring with the Gym.
2. For destruction or damage to the equipment due to using it inconsistently with the manuals, 100% of the value of damage is payable on an obligatory basis.
3. Hotel Klimek **** SPA is not liable for accidents and events resulting from the failure to adhere to the Rules and Regulations of the Bodybuilding Gym and the recommendations concerning safety or injuries arising out of the usage of the sports-rehabilitative devices.

