



FIT & PURE CLUB RULES

1) OUR CLUB, OUR RULES

Please take a moment to carefully review these regulations. We retain the right to suspend or revoke your membership if you or your guest fail to adhere to these guidelines.

You, your dependent, or guest may be held accountable for any damage incurred to the Club, equipment, or premises due to negligence or failure to comply with these rules.

2) FIRST THINGS FIRST

1. Newcomers are required to complete a Pre-Activity Questionnaire ("PAQ") before utilizing Fit & Pure ("Club"). If your PAQ designates you as a moderate or high-risk member, a Medical Clearance Certificate ("MCC") from a registered medical practitioner must be provided prior to commencing training.

2. All members must have their photograph taken upon joining the Club.

3) ACCESS

3. You are strictly prohibited from allowing others to use your access tag to enter the Club. Please ensure that no one tailgates and enters behind you.

4. Club management and staff reserve the right to grant entry into the club.

5. Upon joining our club, you will receive an access tag. Entry to the Club will not be permitted without it. If your access tag is lost or damaged, please notify the Club immediately.

6. Regrettably, access to our club will be denied if your membership fees are outstanding, or if your membership has been terminated, suspended, or frozen. Failure to pay your fees in full will result in automatic access denial by our operating system.

4) FOR YOUR OWN SAFETY

7. To prevent muscle damage or strain on your heart, it's important to warm up before exercising and cool down afterward. If you start feeling unwell or experience symptoms like pain, dizziness, headache, or chest pain:

- Cease exercising immediately.
- Notify a staff member.

8. Please inform us of any changes in your medical condition that could impact your ability to train safely.

9. Use equipment only for its intended purpose and follow provided instructions. Before use, inspect equipment for any damage or missing components. When using strength equipment, ensure the weight pin is fully inserted and never elevate the weight stack. Check cables, straps, and connections before each use.

10. Do not use anything other than manufacturer-provided equipment to increase weight resistance. Wait for belts or moving parts to come to a complete stop before stepping on or off treadmills or other equipment.

11. Do not tamper with emergency exit doors or safety devices. Adhere to health and safety notices displayed in the Club and familiarize yourself with emergency procedures. Follow staff instructions in case of emergencies.

12. Avoid running in the Club and be cautious of different floor surfaces. Some areas may be undergoing cleaning or maintenance, making floors wet or slippery. Proceed with caution in such areas.

5) BRING-A-FRIEND-TO-GYM DAY

13. You have the opportunity to invite a guest to join you during your training sessions. Your guest:

- Will be required to pay a guest pass fee for the day.
- Must complete our guest register and provide a copy of their ID/Passport or driver's license before entering the club.
- Is obligated to adhere to the Club rules.

6) COMMON COURTESY

14. Please refrain from removing any Club equipment, property, or items.
15. Members are expected to use the Club, its equipment, and facilities responsibly.
16. After use, please return weights to the designated racks.
17. While exercising in the Club, always wear suitable and appropriate exercise clothing and closed training shoes.
18. After using equipment, always use a towel to wipe it down. Wipes and sanitizer are provided in the club.
19. Avoid dropping or throwing weights.
20. If specified on equipment, adhere to time limits.
21. On the training floor, only water bottles and sports drinks are permitted; no food, drinks, or bags are allowed. If a spill occurs, please wipe it up or notify a staff member.

7) JUST BE LEKKER

22. Entry to the Club or use of facilities or equipment while under the influence of alcohol, drugs, or performance-enhancing substances is prohibited.
23. Using foul, loud, or abusive language, or engaging in physical or sexual abuse or harassment towards any member, guest, visitor, tenant, or staff is strictly prohibited.
24. It is also prohibited to bring disrepute to the Club, its members, management, or staff.
25. Language that discriminates based on race, gender, sex, disability, social origin, or any other subject will not be tolerated.

8) NON-NEGOTIABLES

26. Pets (excluding guide dogs) are strictly prohibited from entering the Club.
27. Firearms or any other weapons are not permitted within the Club premises.
28. Smoking and/or vaping is prohibited within the Club and on its premises.
29. Alcohol or drugs are not permitted within the Club or on its premises.
30. Taking photos or videos of other members without their explicit consent is strictly prohibited.
31. Selling and/or promoting any product or service to other members within the Club is not allowed unless authorized in writing by Club management or staff.

9) LOCKERS & RESTROOMS

32. Only one person is permitted in each shower and toilet cubicle at a time.
33. Lockers are available in the change rooms for storing personal belongings. Members are encouraged to bring their own padlock for security.
34. The Club is not liable for any loss, theft, or damage to personal property, whether stored in a locker or elsewhere.
35. Personal belongings should not be left unattended in the change rooms or anywhere else in the Club. Members assume full responsibility for their belongings.
36. Club management or staff reserves the right to forcibly open a locker if there are reasonable grounds to suspect that it is being used for storing items other than clothing or permitted personal belongings.