

# Gym Eesti Internal Rules

1. All clients are obligated to follow the Internal Rules when using the gyms.
2. For security reasons, the gyms are under video surveillance.
3. Clients training at the gym must be at least 15 years old. Persons under the age of 15 are not allowed in the gyms.
4. All clients are expected to keep the facilities clean and orderly and to act politely. Gym visitors must make sure that their activities do not bother or harm the wellbeing of other clients.
5. All clients are expected to act prudently when using the inventory and towards others working out in the gym. Dropping training equipment on the ground is strictly forbidden because it damages the facilities and equipment.
6. To keep order, the client is obligated to return training equipment to its place after use. Training machines and equipment must be cleaned with the specially designated disinfectant after use.
7. In the interest of hygiene and safety, all clients are obligated to wear clothing and footwear fitting for working out. For safety reasons, wearing sandals and other open footwear or being barefoot is forbidden in the gym. Flip-flops are recommended in the washrooms.
8. Work out towels are recommended during training sessions.
9. The client trains at the gym at his or her own risk. In case of health problems, the gym recommends consulting a doctor before training.
10. Only persons authorized by Gym Eesti are allowed to render services at the gym. Clients are not allowed to render any services (for example but not only personal trainer/consulting/coaching carried out in the gym) to third parties (including other clients) without written permission from Gym Eesti.
11. Gym Eesti does not provide personal trainer services to clients. Personal trainers authorized by Gym Eesti and clients will agree on the conditions of the services (including content, cost, time and duration) among themselves. The Client pays the trainer directly for services rendered. Gym Eesti is not responsible for the services provided by trainers, including the advice given, potential health risks, cancellations or postponement, etc.
12. The access code / right to the gym is personal, meaning the client is forbidden from sharing the code / right with third parties or bringing multiple people into the gym with one access code / right.
13. The lockers in the locker room can be locked with a padlock. The client can use his or her own padlock or purchase a padlock from the vending machine near the entrance to the gym.
14. The lockers are meant to be used only during the training sessions. It is forbidden to leave personal items in the lockers outside of training times.
15. Gym Eesti is not responsible for the personal items kept in the lockers.

16. Smoking, drinking alcoholic beverages and drug use including entering the gym under the influence of drugs or alcohol are strictly forbidden.
17. The use of doping agents in the gym is forbidden.
18. The consumption of food in the gym is forbidden.
19. Shaving, dying hair, drying clothes and other disruptive activities are forbidden in the gym.
20. In the event of discovery of a theft committed by a client, that client will immediately be banned from the gym for life and he or she will not be reimbursed for the services purchased. Gym Eesti reserves the right to claim compensation for damages caused by the theft.
21. Violation of the Internal Rules or rude or bad behaviour give the gym personnel the right to ask the visitor to leave, apply a financial penalty of 45 Euros, temporarily and/or permanently cancel that persons access code or unilaterally end their membership contract. In such cases, the client is not reimbursed for services purchased. Gym Eesti reserves the right to claim any damages in full for damage incurred by Gym Eesti.
22. Due to Law Enforcement Act, there is a prohibition on excessive noise during night. In a place other than a public place it is prohibited to cause continually or repeatedly noise or light effects which disturb another person to a significant extent during the period from 10 p.m. to 6 a.m., and on a night preceding a day off from 12 a.m. to 7 a.m.