

THE FITNESS CLUB «PARUS» VISITING INSTRUCTIONS

Saint Petersburg
2023

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I. General part

1. Introductory part

1.1. These Rules are developed in accordance with the legislation of the Russian Federation, including the Law of the Russian Federation "On the Protection of Consumer Rights" and the Rules for the provision of sports and recreation services (approved by Decree of the Government of the Russian Federation dated January 30, 2023 No. 129), and determine the general procedure and conditions for the provision health and fitness services, as well as the rules of conduct and safety when using services on the territory of the Club

1.2. These Rules are unified and binding on all Clients when using the services of the Contractor on the territory of the Club.

1.3. Clients are obliged to familiarize themselves with these Rules before using the services.

1.4. These Rules are an integral annex to the agreement on the provision of sports and recreation services (hereinafter referred to as the agreement) concluded with individuals and legal entities. Persons visiting the Club as guests of the Clients of the Club are obliged to comply with these Rules during their stay in the Club. The owner of the Club Card who invited the guest is responsible for compliance with the Rules by the guests.

1.5. The conditions contained in these Rules may be changed (excluded or supplemented) by the Contractor unilaterally, provided that such changes do not contradict the current legislation.

1.6. These Rules, as well as changes and additions to them, are posted on the Contractor's website www.parusclub.ru, as well as at the Club's reception.

2. Concepts and terms

2.1. The Contractor is a legal entity that ensures the provision of sports and recreation services to Clients.

2.2. Club - an object of real estate, which is a sports and recreational facility, which may include buildings, structures, equipped sites and premises equipped with special technical equipment and intended for organizing and conducting sports and recreational activities.

2.3. Services (Complex of services) - the services provided by the Contractor mean granting the Client the right to visit the Club and receiving the corresponding service (services) on a reimbursable basis in a certain calendar period and (or) in the amount of paid time according to the program chosen by him from the list of existing programs of the Club.

2.4. Client - an individual who has concluded an agreement with the Contractor on the provision of sports and recreation services, or in whose favor such an agreement is concluded by a third party.

2.5. Subscription - a selected program from the list of existing programs of the Contractor, limited by a period of validity determined by the Contractor and having a specific value expression - price.

2.6. Agreement on the provision of sports and recreation services - the agreement means an agreement between the Client (a third party in favor of the Client) and the Contractor, according

to which the Contractor, for a fee stipulated by the contract, undertakes to provide the Club services to the Client in the amount of the selected and paid Subscription.

2.7. Club Card - a plastic card confirming the Client's right to use the Club's services in accordance with the terms of the Subscription. The Club Card is used for the purpose of quick identification of the Client in the Contractor's electronic access control system.

2.8. Group program – a physical culture and health-improving, educational and sports program of a certain orientation (specialization), classes in which are held in groups of Clients.

2.9. Guest visit - a visit to the Club in order to familiarize the visitor with the health and fitness, sports and related services provided in the Club.

2.10. Guest - a person who is not a Client of the Club, visiting the Club on a one-time guest visit.

2.11. One-time agreement - a cash receipt that entitles the Client to a one-time use of the service (services) of the Contractor in the amount of the tariff paid by the Client for a one-time visit to the Club.

3. Procedure for circulation of Club cards

3.1. The contract for the provision of sports and recreational services is concluded by managers who acquaint visitors with the Club, advise on the types and categories of subscriptions and the conditions for their purchase.

3.2. After the conclusion of the contract and payment, the Client is issued a Club Card, which is a confirmation of the right to use the services of the Club.

3.3. To conclude an agreement and issue a Club Card, the Client must provide the Club with the following personal data: full name, date of birth, address, number of the main document proving his identity, information about the date of issue of the specified document and the issuing authority, biometric data - a photograph. The conclusion of the contract, as well as its modification, termination or extension are carried out upon presentation of an identity document.

3.4. The club card is the property of the Contractor. The Club Card is assigned to the Client, is an individual pass to the Club and cannot be transferred to other persons. If the Club reveals the fact that the card does not correspond to the Client to whom it is assigned, the Club reserves the right to withdraw the card and close the Client's access to the Club.

3.5. The Client is obliged to present the Club Card at the entrance to the Club and at the Club reception. In the absence of a Club Card, entry into the Club for the Client is also possible upon presentation of an identity document and an agreement.

3.6. In exchange for the Club Card, the Club Client receives a key to the locker in the locker room, a set of towels.

3.7. When leaving the Club, the Client must return a set of towels, a bathrobe, a locker key in the locker room, as well as any other items rented for the duration of the Club visit. In case of their loss, the Club Client must reimburse the cost of the lost one in accordance with the current price list.

3.8. In case of loss of the Club Card, it can be restored on the basis of the application of the Club Client. Payment for the production of a new Card is charged according to the price list.

3.9. Changing the tariff plan of the Club Card is possible only to a higher tariff plan according to the standard price list, with an additional payment from the Client. Changing the tariff plan to a tariff plan below is not possible. It is impossible to change the tariff plan if less than 30 (thirty) calendar days remain before the end of the contract. When changing the tariff plan during the validity period of the Club Card, previous discounts or bonuses are not saved.

3.10. The Client can use additional services (bonuses) only within the validity period of the concluded agreement. If the Client has not exercised his right to use the services during the term of the Club Card, as well as waived this right, then additional services are considered rendered and their cost is not refundable.

3.11. On days specially determined by the Contractor, the Client may invite a guest (friend, relative or colleague) to get acquainted with the Club (guest visit). The Guest is subject to the Rules of the Club, which he is obliged to follow. When visiting the Club, the guest must present a document confirming his identity (passport, driver's license). The Guest must not be a Client of the Club (that is, have a valid or expired agreement with the Contractor). Each invited person has the opportunity to visit the Club on a guest visit only once.

3.12. The Client has the right to reissue the Club Card to another person (if it is expressly provided for by the terms of the purchased Subscription) in the prescribed manner.

3.13. The reissued Club Card cannot be subsequently reissued to another person.

3.14. Re-issuance is possible only by the Client personally upon presentation of the original contract, passport and Club Card. And also in the presence of a second person, to whom the relevant documents are reissued. Reissued subscriptions are not subject to consideration for changes or transition to another tariff plan.

3.15. The Client has the right, on the basis of a written application, to suspend the period for the provision of services (hereinafter referred to as freezing). An application for the use of freezing must be submitted by the Client to the Contractor. The minimum freezing period is 7 days. The total number of days of freeze used for one Club Card depends on the selected Subscription type.

3.16. When the Client uses the right to freeze, the period for the provision of services is shifted in proportion to the number of actually used days of freezing. The exception is cases when the Client, during the period of the freeze, began to use the services before the expiration of the minimum number of days of the freeze used at a time, provided for in the contract. In such cases, the application for freezing is automatically canceled, and the transfer of the period for the provision of services under the Club Card is not carried out. In such cases, the actually used days of the freeze are the days from the start of the freeze until the day preceding the date the Client began using the Club's services.

3.17. The Contractor reserves the right to agree on the possibility of additional freezing of the Club Card (subscription) for a good reason, namely: pregnancy / childbirth, operations, severe injuries. In this case, the Client must provide copies of documents duly executed in accordance with the form established by law (temporary disability certificates and discharge epicrisis) with the simultaneous provision of the originals for review. The maximum additional suspension period for a subscription is 60 calendar days (in case of pregnancy, 30 days before the expected date of delivery and 30 days after).

II. Provision of services

4. Terms and conditions of service provision

4.1. The Client, concluding an agreement with the Contractor, including a one-time agreement, confirms that he is familiar with the content of these Rules for visiting the Club and is fully responsible for their observance, as well as for their violation.

4.2. Payment for the Subscription (Services) is accepted in cash and non-cash form (bank cards, SBP (QR-code), bank transfer, payment in the personal account on the Club's website) in rubles of the Russian Federation.

4.3. Services are provided to the Client subject to strict compliance with the conditions set forth in these Rules for visiting the Club.

5. Grounds and procedure for the Client's refusal from the services of the Contractor

5.1. It is not allowed for the Client to refuse the services of the Contractor after receiving the service paid by the Client in full.

5.2. If the Client wishes to refuse the services of the Contractor provided within the framework of the Subscription, or if they wish to recalculate their cost, the Client shall notify the Contractor in writing.

5.3. An application for the Client's refusal from the Contractor's services or for the recalculation of their cost is considered accepted by the Contractor on the day it is received.

5.4. If the Client refuses the services of the Contractor, the latter undertakes to return to the Client the cost of sports and recreation services minus the cost of the actually provided services.

5.5. The cost of physical culture and health services is returned to the Client by the Contractor within 10 days from the date of receipt of the Client's application for a refund by paying money from the cash desk or transferring it in a non-cash manner to the Client's settlement account.

5.6. From the moment of payment (transfer) by the Contractor of the funds due to the Client in case of refusal of the Contractor's services, the Contractor is considered to have fulfilled its obligations to the Client properly.

6. Grounds and procedure for the Contractor's refusal to provide services

6.1. The Contractor has the right to refuse to provide the Client with services:

6.1.1. in case of violation by the Client of the order of payment for services;

6.1.2. in case of a significant violation by the Client of the Rules for visiting the Club (violations are recorded in the presence of employees and Clients of the Club by drawing up and signing the relevant acts);

6.1.3. with visible signs of alcohol and (or) drug intoxication;

6.1.4. if the Client has documented contraindications that pose a threat to his life or health, the life or health of other Clients or Club personnel.

6.2. The Contractor is obliged to refuse to provide services to the Client in case of emergencies on the territory of the Club.

6.3. The Contractor refuses to provide the Client with services in the event of an interruption in the supply of electricity and (or) water supply in Cuba, including if this is caused by emergency situations.

6.4. If it is impossible to fulfill the Agreement due to the fault of the Client, the services are subject to payment in full.

6.5. If it is impossible to provide services to the Client due to force majeure circumstances, the Contractor shall not be liable to the Client.

7. Responsibility of the Contractor

7.1. The Contractor is responsible for the damage caused to the Client in the course of providing him with the services of the Club, in the manner and to the extent provided for by the current legislation of the Russian Federation.

7.2. The Contractor shall not be liable for any technical inconvenience associated with the temporary cessation of the supply of public services by city services and the performance of other work, the course of which does not depend on the Contractor.

7.3. The Contractor is not responsible for the failure to achieve the result expected by the Client from classes in the Club.

7.4. The Contractor shall not be liable to the Client for the safety of personal belongings left by the Client, including in the places of their individual storage in the locker rooms.

7.5. The Contractor is not liable for harm caused to the Client due to force majeure circumstances, as well as in case of non-compliance or violation by the Client of the rules for visiting the Club, if this resulted in harm to the Client, including his life and health.

7.6. The Contractor shall not be liable to the Client for harm caused to him as a result of the actions of third parties while he is on the territory of the Club.

8. Responsibility of the Client

8.1. The Client is liable for damage caused to the Contractor and third parties, for his actions and (or) inaction during his stay on the territory of the Club in the manner and to the extent provided for by the current legislation of the Russian Federation.

8.2. In case of loss or damage to the key (number) from the cabinet, wardrobe number, electronic bracelet received by the Client of sports equipment, the Client pays the cost of the lost (damaged) property according to the current price list of the Contractor.

8.3. The Client is responsible for the accuracy and completeness of information about the state of his health, past diseases, medications taken, for the exact implementation of the recommendations of the Club.

8.4. The Client is responsible for the state of his health and the health of his children during his stay in the Club.

II. Club visiting instructions

9. General rules of being in the territory of the Club

9.1. Clients can use the swimming pool, gyms and equipment of the Club during its opening hours. Club working hours:

- from Monday to Friday from 07.00 to 23.00,
- on Saturday, Sunday and public holidays from 9.00 am to 10.00 pm

9.2. The Client is obliged to come/leave the Club not earlier than the opening hours of the Club and not later than the opening hours of the Club, respectively. The Contractor reserves the right to restrict access to the Club 30 minutes before its official closing.

9.3. The Club has the right to make changes to the opening hours of the Club and, if necessary, temporarily block access to the Club's premises (separate training areas, aqua zones, etc.).

9.4 Parking mode:

- from Monday to Friday from 07.00 to 22.45,
- on Saturday, Sunday and public holidays from 9.00 am to 9.45 pm

9.5 The Client's car can be parked for no more than 3 hours.

9.6. When visiting the Club for the first time, the Client must:

- apply to the service manager or manager of the Club to get acquainted with the services of the Club;
- sign up for the initial In Body testing;
- sign up for an introductory training session;
- take a photo in the sales department with a webcam (if this has not been done before).

9.7. Passing the In Body test is a prerequisite for starting the training and a guarantee of its safety. The test results will help you achieve maximum results, determine the strategy of the training process and get individual recommendations on the intensity, duration, frequency and format of classes.

9.8. The number of introductory training sessions depends on the type of Subscription purchased. You can use introductory training only during the validity period of the Club Card. At the end of the term of the contract, familiarization trainings are considered rendered and are not transferred to another period.

¹ The schedule of the Club's work on public holidays may differ from the stated one. Please follow the information posted in the Club and on the website www.parusclub.ru.

9.9. Introductory training is possible only with a trainer with whom you have not previously trained. You can only take one introductory workout from each fitness unit.

9.10. For the purposes of public safety, it is not allowed to bring any types of weapons and explosives into the territory of the Club.

9.11. It is not allowed to enter the territory of the Club with pets in order to prevent a threat and danger to the health of other Clients (bites, manifestation of allergic reactions, asthma attacks, fear of animals, etc.).

9.12. It is not allowed to bring food and eat on the territory of the fitness areas and locker rooms of the Club. Customers can use the services of the cafe.

9.13. Smoking and drinking alcohol-containing drinks is not allowed on the territory of the Club. Visiting the Club under the influence of alcohol or drugs is strictly prohibited.

9.14. Shoe covers must be worn when entering the Club. For classes in the Club, you must have clean changeable shoes and clothes intended for this (the upper part of the body must be closed): T-shirts, sports trousers, sports shorts, sneakers; for the aqua zone - a bathing suit, a rubber cap and special (stable and non-slip) shoes for the pool. It is forbidden to be at a sports, sports and recreational event without special protection, if such protection is provided for use during participation in the relevant event.

9.15. For your safety, it is forbidden to practice barefoot, in socks, in beach or house slippers, etc., with the exception of special classes (for example, yoga, body art, Pilates, stretching, etc.).

9.16. It is not allowed to walk around the Club in outerwear and street shoes. The instructor (coach) of the Club has the right not to allow you to train in street clothes and shoes.

9.17. When visiting the Club, do not leave personal belongings and clothes unattended. The Club Administration is not responsible for things left unattended. Please use electronic lockers in the locker rooms to store your personal belongings. The key for the locker with an electronic lock is a bracelet assigned to the Club Client. Use safe boxes to store valuables. Leaving things in safe boxes overnight is prohibited. For Club Guests, a key-bracelet from the closet is issued at the Club reception.

9.17.1. Things and items left (forgotten) on the territory of the Club that are not prohibited or restricted for circulation in the Russian Federation are stored by the Contractor for three months (for perishable ones - three days) and are subject to disposal in case of non-demand, according to the act, except for the left documents and cash, which are transferred to the internal affairs bodies.

9.17.2. Items left (forgotten) on the territory of the Club that are prohibited or restricted for circulation in the Russian Federation are immediately reported to the internal affairs authorities upon their discovery.

9.18. On the territory of the Club it is necessary to follow the rules of conduct and be attentive to others. It is forbidden to speak loudly and aggressively, use profanity, including when talking on the phone, as well as otherwise violate the generally accepted norms of behavior in public places and do everything that may interfere with others.

9.19. Observe personal hygiene, be neat, do not use aerosols and strong perfumes in common areas (locker rooms, showers, Finnish sauna, Turkish bath, fitness areas).

9.20. The Client can only use the services of Instructors (coaches) of the Club. Conducting personal training by the Clients of the Club is not allowed.

9.21. Clients are not allowed to bring and use their own sports equipment or inventory, to independently enter the halls for group classes.

9.22. The choice of musical accompaniment on the territory of the Club is carried out by the Contractor. Wishes for musical accompaniment from Clients are accepted, but are not decisive.

9.23. Independent use of musical and other equipment of the Club is not allowed. The use of individual music playback devices with headphones is allowed.

9.24. Professional filming and photography in the Club without the consent of the Club Administration is not allowed in order to protect the privacy of the Club's Clients on the territory of the Club.

9.25. Non-members of the club are not allowed to be in the locker rooms and training areas of the club.

9.26. It is not allowed to place announcements, promotional materials, conduct surveys and distribute goods on the territory of the Club without the written permission of the Club Administration.

10. The health of the Client

10.1. The Contractor recommends that all Clients undergo a medical examination before attending classes (trainings).

10.2. The Contractor asks the Clients to carefully, reasonably and responsibly treat the state of their health and immediately inform the Club staff of any cases of deterioration of health during their stay in the Club, as well as any restrictions on classes in the Club.

10.2.1. The contractor, at the request of the consumer or, if necessary, without the specified request, without charging additional payment, provides: a) calling an ambulance; b) the use of a first aid kit.

10.3. It is forbidden to use the services of the Club if you feel unwell, during the acute period of the disease (including persons who are carriers of infectious diseases), as well as during an exacerbation of a chronic disease.

10.4. If there are restrictions on classes in the Club, confirmed by a certificate from the attending physician, at the request of the Client, an individual program of classes can be developed for him, taking into account the recommendations received.

10.5. If the Client has not provided the Club with a certificate from the attending physician or an extract from the medical documentation of the medical institution providing medical care to the Client on an ongoing basis, containing the recommendations of the attending physician on the possible and permissible physical activity for the Client when he engages in physical culture and sports, the Club has the right to consider that The client has no relevant contraindications.

10.6. It is forbidden to visit the pool, bath / sauna for persons with open wounds, fungal and other skin diseases.

10.7. The Client is obliged to inform the Contractor about the occurrence of pregnancy no later than the first visit to the Club after he becomes aware of this, and also to submit a certificate from the antenatal clinic (from an obstetrician-gynecologist) with permission to attend the Club's classes. Based on the permission of the obstetrician-gynecologist, the Client may be recommended special programs for pregnant women.

10.8. When visiting sports and recreational events, the Client must strictly follow the recommendations of the Club staff. In particular, an employee of the Club has the right to prohibit the Client from attending a particular event or performing a specific exercise, if this may adversely affect the health of the Client.

10.9. The Club is not a medical institution and does not provide medical services to the Client. The client guarantees that he is in a physical condition that allows him to exercise, and that physical activity will not harm his health. Thus, he removes all responsibility for his health from the Contractor.

10.10. The Contractor shall not be liable for harm caused to the life and/or health of the Client as a result of:

- provision by the Client of incomplete/inaccurate information about the state of his health;
- acute or chronic illness of the Client;
- negligence of the Client;
- the Client's classes according to his own program, inconsistent with the Instructor (coach) of the Club;
- violation by the Client of the Rules for visiting the Club, safety regulations, recommendations of the Club's employees, recommendations posted on information and / or warning, prohibition signs in the Club or on equipment;
- actions of third parties.

11. Rules for visiting the gym and cardio zone

11.1. In order to get acquainted with the equipment of the gym and in order to avoid injuries, the Client must undergo the initial briefing included in the contract. You can sign up for a briefing at the Club reception.

11.2. If additional clarifications are needed on the rules for using the simulator (including in terms of possible contraindications), the Client must contact the On-duty Instructor (trainer) of the gym.

11.3. Before each workout in the gym, a thorough general warm-up must be carried out, which includes the use of cardio machines, stretching exercises. In addition, before each exercise, a special warm-up should be carried out, including 1-2 approaches with a weight that is approximately 50% -70% of the working weight in this exercise.

- 11.4. When using free weights (dumbbells, barbells, kettlebells) in class, the Client must select their weight based on their fitness level. It is better to stop the exercise or perform fewer repetitions than to get injured.
- 11.5. When performing basic exercises with heavy weights - barbell squats, barbell or dumbbell bench press, barbell bench press standing or sitting from behind the head - be sure to use the help of an insurer. Only the Instructor (coach) must perform the insurance. It is allowed to perform exercises with maximum load only in the presence of an Instructor (coach).
- 11.6. Before starting classes, the Client must make sure that the equipment and inventory used is in its original safe and / or turned off state, there are no foreign objects that may affect safe use. It is forbidden to use faulty, damaged or broken equipment, inventory.
- 11.7. In order to ensure equal access for the Club's Clients to the Club's inventory, it is prohibited to reserve simulators and gym equipment.
- 11.8. When starting the movement of the treadmill, the Client must stand on the sides of the canvas, on the frame of the simulator. A warm-up is required, including walking at a moderate pace. Do not turn around while on the treadmill.
- 11.9. At the end of self-study or participation in sports, health and other activities, the Client is obliged to return the used equipment, equipment of the Club to a specially designated place in the Club, fixing and / or bringing it to a safe non-working position.
- 11.10. During participation in sports and recreational activities, as well as in self-study, it is forbidden to throw equipment (dumbbells, barbells, pancakes, etc.) on the floor or otherwise carelessly use it, as this leads to damage to equipment, furniture, decoration of the Club's premises, increased noise as well as the risk of harm to health.
- 11.11. In order to avoid accidents, the Clients are forbidden to independently use simulators intended only for physical culture, health and fitness activities in the form of individual lessons with the Instructor (coach) of the Club.
- 11.12. In the classroom, it is recommended to drink water to maintain the water-salt balance in the body, and also to have a towel with you.
- 11.13. It is forbidden to use chewing gum during physical culture and recreation activities, as well as during self-study.
- 11.14. The client is obliged to follow the recommendations of employees; of the Club, recommendations and/or prohibitions/restrictions posted on information and/or warning, prohibition signs in the Club and/or on the equipment.
- 11.15. The Client is prohibited from holding physical culture, fitness and other events on the territory of the Club, including but not limited to: compiling training programs, assisting the Clients during the training process and/or supervising the training process of the Club's Clients, as well as providing other services to the Clients Club or use such services. Club Clients can only use the services of the Club/Club employees.

12. Group training sessions visiting instruction

12.1. Group classes are held according to the schedule, which can be changed by the Contractor. The schedule is posted on information stands and on the website www.parusclub.ru. The replacement of the Instructor (coach) declared in the schedule is at the discretion of the Contractor without prior notice to the Clients.

12.2. To avoid injury, it is strongly recommended that you attend classes that are appropriate for your fitness level. The instructor (trainer) has the right not to allow the Client to a group lesson that does not correspond to the Client's level of preparedness.

12.3. In order to avoid creating traumatic situations, it is necessary to come to group classes without delay. Being late for a warm-up by more than 10 minutes is dangerous to health. The instructor (trainer) has the right not to allow the Client to this lesson.

12.4. It is not allowed to use your own choreography and free weights without the appropriate permission of the Instructor (coach).

12.5. The use of mobile phones is not permitted in the group program rooms. This distracts the Instructor (coach) and participants of group programs from the correct technique for performing exercises, and can also lead to noise interference from the equipment used in group classes (instructor's microphone, speakers).

12.6. Conversations during the session should be kept to a minimum.

12.7. In order to ensure equal access of the Club's Clients to the Club's inventory, it is prohibited to reserve seats in the hall and equipment for classes.

12.8. Some group programs determined by the Club can be held only by prior appointment at the Club's reception. To register, please contact the Club reception.

12.9 Some group programs determined by the Club may be limited by the number of clients per lesson.

12.10. Group classes missed through no fault of the Contractor will not be reimbursed.

12.11. Visiting special (commercial) classes is possible only after their advance payment.

12.12. After the lesson, all special equipment used in the lesson must be removed to the places provided for this.

13. Rules for visiting the swimming pool

13.1. In order to comply with the rules of general hygiene: before visiting the aquazone (pool, Finnish sauna and Turkish bath), taking a shower with a washcloth, soap or gel is mandatory. The On-duty Instructor (trainer) has the right to prevent the Client from entering the pool/sauna area in case of non-compliance with this rule.

13.2. It is not allowed to rub various creams and ointments into the skin before using the pool.

13.3. Access to the pool is only allowed with a bathing suit, swimming cap and clean rubber slippers.

13.4. Glassware is not allowed in the pool area. The use of glass objects and razors in showers is prohibited.

13.5. It is forbidden to reserve places for rest, leaving towels and other personal items.

13.6. To avoid injury, it is not allowed to run around the pool area, swim across the pool, jump from the dividing walls and sides of the pool.

13.7. When swimming, be guided by the markings of the pool. It is not allowed to sit on the dividing paths.

13.8. Swimming inside each individual lane is carried out counterclockwise (on the right side). Do not swim in the middle of the lane or on the left side of the lane to avoid bumping into other swimmers. Be sure to keep your distance while swimming, do not interfere with other Clients. If you are not swimming fast enough, do not swim in the lane designated for speed swimming. In the absence or insufficient development of swimming skills, the use of water support means (sleeves, swimming boards, etc.) is mandatory.

13.9. For the duration of group lessons in the pool (according to the schedule), the area intended for swimming may be limited or changed, Clients must move to free lanes that are not occupied for a lesson.

13.10. Equipment intended for water group programs (personal training) - belts, dumbbells, gloves, flexible sticks - are not allowed to be used for self-study.

13.11. The Contractor reserves the right to change the Instructor (coach) declared in the schedule and make changes to the schedule of group classes in the swimming pool.

13.12. The lanes designated by the Instructor (coach) for sports swimming (information plates) must be used for their intended purpose: movement along the lane is carried out on the right side of the lane in sports swimming methods (backstroke, breaststroke, crawl). In the case of one Client practicing sports swimming, the on-duty Instructor (coach) of the pool has the right not to allow another Client of the Club who does not swim in a sports style to the designated lane. Recreation for swimmers in sports style on the track for sports swimming is allowed only at the sides of the pool.

13.13. For the safety of the Clients, the Club, according to the internal approved schedule, carries out repair work on the territory of the pool, sanitary

13.14 Accompanying adults who are not members of the club are prohibited in the pool.

13.15 It is forbidden to wear outerwear in the pool.

14. Rules for visiting water group programs

14.1. Water group programs are held in a specially designated area. Performing the exercises of the program outside the designated area is prohibited in order to prevent injury to Clients involved in free/sport swimming.

14.2. To avoid injury, it is strongly recommended that you attend classes that are appropriate for your fitness level. The instructor (trainer) has the right to prevent the Client from participating in a group water lesson that does not correspond to the level of preparedness.

14.3. Being late for a warm-up by more than 10 minutes is dangerous to health. The instructor (trainer) has the right not to allow the Client to this lesson.

14.4. Conversations during the session should be kept to a minimum.

14.5. In order to ensure equal access of the Club's Clients to the Club's inventory, it is prohibited to reserve equipment for classes.

14.6. After class, all special equipment - belts, dumbbells, gloves, flexible sticks - should be removed to specially designated places.

15. Rules for visiting the Turkish bath (hamam) / Finnish sauna

15.1. Turkish bath (hamam) / Finnish sauna is open from 07.00 to 23.00 on weekdays and from 09.00 to 22.00 on weekends.

15.2. It is not allowed to visit the bath / sauna without bathing suits and bathing slippers.

15.3. In order to maintain personal hygiene, Clients are advised to use towels and lay them on the bench in the sauna. Avoid contact with the surface of the heater. This can cause severe burns.

15.4. In order to avoid electrical short circuit and fire, it is forbidden to dry clothes and towels, read newspapers, magazines and other literature, pour water on stones, and leave any things and objects behind. In the bath / sauna it is forbidden to use essential oils and tinctures on your own, incl. specially designed for this, since these substances are highly flammable and their use requires strict observance of increased safety precautions.

15.5. In order to avoid asthma attacks and various cases of allergic reactions in other Clients, it is not allowed to use any cosmetic products (oil, honey, coffee, scrub, peeling and other aromatic preparations) in the locker rooms / showers / bath / sauna. Before visiting the bath / sauna, it is not allowed to rub various creams and ointments into the skin due to possible harm to one's health (overheating, increased pressure, allergic reactions, etc.).

15.6. In the bath / sauna, as well as in the showers, it is forbidden to use coffee-based scrubs and other similar substances, because. this can lead to clogging of sewer drains and damage to the equipment of the Club.

15.7. Clients are not recommended to stay in the bath/sauna for too long. For the first visit, it is recommended to enter for 4 minutes. When visiting again, it is recommended to increase the stay time by 30 seconds. The maximum stay time is 20 minutes for 2-3 visits. After visiting the bath / sauna, you must take a shower.

15.8. A visit to the bath / sauna is contraindicated for people suffering from pronounced hypertension, angina pectoris, lung diseases, heart failure. It is not recommended to visit the bath / sauna for pregnant women, children under 3 years old, with exacerbation of chronic diseases, people who are in the acute period of the disease.

15.9. The bath/sauna is a relaxation area. Loud conversations, laughter, shouting, etc. are not allowed on their territory. Please take care of the comfort of others.

16. Individual (personal) classes

16.1. The conditions and procedure for conducting individual lessons are determined by the Contractor.

16.2. An individual lesson can be conducted only by a person specially authorized by the Contractor. Registration for an individual lesson is made in advance by agreement with the Instructor (coach). Individual lessons are held only after payment.

16.3. To pay for and account for personal training, the Contractor has the right to set special prices and limit the period for using such services (Clip card). The clip card provides an opportunity for a certain period of time to use a complex of the same type of additional paid services - personal training, subject to the obligatory payment, determined by the price list valid at the time of purchase of the service.

16.4. When paying for a Clip Card for 10 personal training sessions, the Client must complete personal training within 90 (ninety) days from the date of purchase, otherwise the paid training sessions will not be restored and the money will not be returned.

16.5. When paying for a Clip Card for 5 personal training sessions, the Client must complete personal training within 30 (thirty) days from the date of purchase, otherwise the paid training sessions will not be restored and the money will not be returned.

16.6. If the Client is late for an individual lesson, the time of the lesson is reduced by the time of delay.

16.7. Please inform the Club staff about the cancellation or rescheduling of individual lessons. Cancellation or rescheduling of an individual lesson (with the preservation of payment) can be made at least 8 hours before its start. In case of untimely cancellation or rescheduling, the unused individual lesson is considered to be the actually rendered service and its cost is non-refundable.

IV. Club visiting instruction for children

17. General club visiting instructions for children

17.1. Parents/authorized persons are personally responsible for children on the territory of the Club and should not leave children on the territory of the Club unattended, except for the child being in the Children's room of the Club and in the classroom according to the schedule of children's classes.

17.2. For children who are on the territory of the Club without the supervision of accompanying parents or authorized persons, the Club is not responsible.

17.3. Children, being on the territory of the Club, must comply with the general established rules for visiting the Club.

17.4. Parents/authorized persons must bring the child to the lesson in a timely manner, as well as pick him up at the end of the lesson on time.

17.5. Changing clothes of boys and girls older than 5 years in locker rooms that do not correspond to gender is prohibited from the point of view of possible injury to the child's psyche and discomfort to other Club Clients. For parents / authorized persons with children of different sexes (mother with son, father with daughter), the Contractor, for an additional fee, can provide the child with an accompanying person (teacher or trainer).

17.6. If the parents/authorized persons accompanying the child are not Club Clients, these persons are not entitled to use the services Club. If the Club detects a violation by the parents/authorized persons who are not the Club's Clients accompanying the child of the procedure for their stay on the territory of the Club, the person with whom the contract has been concluded must be paid for the guest visit, according to the price list established by the Club on the day of the violation.

17.7. Children during the classes must strictly observe the discipline and order of the tasks.

17.8. For injuries sustained by a child as a result of his failure to comply with the requirements/recommendations/instructions of an employee of the Club, the Club is not responsible.

17.9. Children must be healthy when visiting the Club. To prevent the spread of infection, please leave your child at home in the following cases:

- if the child has a runny nose, cough, sore throat or other infectious disease;
- if the child has an upset stomach, nausea, or other intestinal ailment;
- if the child has a fever;
- if the child has a rash, unhealed wounds.

The instructor (trainer) may not allow a child with the above symptoms to enter the Children's Room/Fitness Zone.

17.10. Children under 16 years of age are allowed to exercise in the gym, cardio zone, functional training zone, in group program rooms only within the framework of a section, group lesson or personal lesson with an Instructor (trainer).

17.11. Children under 16 years of age are prohibited from being on the territory of the pool and visiting the bath/sauna without being accompanied by an Instructor (coach) or parents/authorized persons.

17.12. If it is established that a child under the age of 16 is on the territory of the Club unaccompanied by adults, the Club has the right to terminate the Agreement unilaterally.

17.13. Children under the age of 16 are not allowed to enter the training areas and classes for adults and are not allowed to be in the pool after 21:00 pm.

17.14. The instructor (coach) has the right to interrupt the training in the pool, conducted by the parent, if it violates safety standards and is harmful to the health of the child.

18. Rules for visiting the Children's room

18.1. Children's room can be visited by children aged 3 to 9 years (Club Clients/Guests). Opening hours of the Children's room: from 16.00 to 21.00 on weekdays, from 12.00 to 17.00 on weekends.

18.2. Each time, leaving a child in the Children's room, the parent/authorized person must register the child in the visit log, inform the employee of the Children's Club about the individual characteristics of the child, his character traits and preferences, as well as the location of the parent/authorized person in the Club and contact phone number.

18.3. The presence of parents/authorized persons in the Children's room is prohibited. If the parents are not sure that the child can stay in the Children's Room without parents/authorized persons, they can periodically visit him for a short time or reduce the time of his stay in the Children's Room in the first days.

18.4. The maximum time for a child to stay in the Children's Room is no more than 3 hours during one day.

18.5. It is not allowed to enter the Children's Room with drinks and/or food. For feeding a child, parents/authorized persons can use the services of a cafe.

18.6. All equipment in the Children's Room is disinfected daily, so children are not allowed to bring personal toys from home to the Children's Room.

18.7. A visit to the Children's Room for guests and club members outside of working hours is paid separately in accordance with the price list. Cancellation of the visit can be made at least 3 hours before the start of the visit. In case of late cancellation, the client pays the cost of 1 hour of the visit.

19. Rules for visiting group programs of the Children's Club and the pool

19.1. Before using the services of the Club, parents/authorized persons must submit a medical certificate of the established form on the admission of a child of preschool and primary school age to classes held in the pool.

19.2. Visiting the pool by children under the age of 3 years is allowed only if they have swimming diapers and present a certificate for enterobiasis.

19.3. Group classes with an employee of the Club are held in accordance with the schedule of the Children's Club. The Club reserves the right to unilaterally make changes to the schedule of the Children's Club and / or change the declared Instructor (coach).

19.4. All sports, health and other activities of the Children's Club, as well as group classes held in the pool, are designed taking into account the psychological and physiological characteristics of children of different ages. For safety reasons and to increase the effectiveness of training processes, children are allowed to visit them only in accordance with the age indicated in the schedule. The Club employee has the right not to allow the child to participate in classes that do not correspond to his age and / or physical development.

19.5. Some group classes for children are by appointment. Information about such events is reflected in the schedule of the Children's Club.

19.6 Some group activities for children, determined by the Club, may be limited by the number of children in the lesson.

19.7. Some group classes for children are held in sections. Section - a paid group for children, starting to work from 2 people who have paid the full cost of the service. The period of validity of the subscription to the section for 8 lessons (attendance twice a week) and 4 lessons (attendance once a week) is 30 days. Missed classes are not carried over to another date. If a child misses a lesson due to illness, the subscription to the section is frozen for 2 workouts upon presentation of supporting documents.

19.8. Parents/authorized persons are obliged to comply with the Contractor's requirements for clothing and footwear. Participation in events held in the Club, in street clothes and shoes, as well as barefoot, is prohibited.

19.9. During activities with children in the form of personal or group sessions with the Club employee, the child is supervised by the Club employee.

19.10. The instructor (trainer) picks up the children from the reception area 15 minutes before the start of the group training and takes them back to the reception area 15 minutes after it ends. The child must leave the locker room no more than 15 minutes after the end of classes, under the supervision of authorized persons or the Instructor (coach) who conducted the training, with subsequent transfer to authorized persons.

19.11. Children under 3 years old can only be in the pool with an Instructor (coach).

19.12. Children from 3 years old to 16 years old can be in the pool only at certain hours under the supervision of parents / authorized persons, with an Instructor (coach) during personal training or during group classes according to the schedule for each age category.

19.13. Children who have reached the age of 16 are allowed to be in the pool without the presence of parents / authorized persons who are Club Clients, only if they comply with the Rules for visiting the Club.

19.14. Participation of children in sports and recreation activities in the pool is allowed on a specially designated pool path.