

RULES – FITNESS ROOM

These rules are under approval.

We request their observance and will be pleased to receive your suggestions and contributions to refine it

SUPERVISION AND RESPONSIBILITIES

The fitness room will function under the coordination of the contracted firm which will be under the supervision of the Club Director. All pertinent operational issues should be dealt, initially, with the attendant of the club and/or the responsible fitness room professional, both of which, in second instances, will report to the Club Director and the last to the Condominium Manager (Syndic).

THIS FITNESS ROOM IS OF EXCLUSIVE USE OF THE RESIDENTS.

- 1 - All residents must present a health certificate declaring his ability to practice the exercises available at the fitness room or under the supervision or guidance of teachers or personal trainers. This certificate must be revalidated at its due validity date, or each 6 months.
 - §1. 1 - The residents who insist in the use of the fitness room, without the above mentioned health certificate, will act under his own responsibility and will handle personally and individually the risks of eventual health and medical problems.
 - 1.2 - § The teachers are forbidden to elaborate training programs for the residents without the health certificate or a declaration of responsibility exemption.
 - §1.3 - The residents who contract a personal trainer are under his responsibility when he is supporting the resident during the full period of exercises.
 - §1.4 - Only accredited personal trainers are granted to be present to the fitness room in the scheduled time established by the Condominium Administration.
 - §1.5 - Teachers and personal trainers are utterly forbidden to use the fitness room equipment and installation for their personal exercises.
- 2 - It is mandatory the use of adequate suits to the practice of the exercises available in the fitness room and a towel for the usage of the equipment, as well, so as to maintain the local and personal hygiene.
- 3 - The residents are not allowed to adjust the TV and Radio sets available in the fitness room. So being required, the fitness room or club employees are the only authorized persons for such purpose.
 - § 3.1 - - The TV set will remain tuned in sports channels. In the morning up to 8:30h it is authorized to tune in news programs.
- 4 - Only persons exercising and accredited professionals are authorized to remain in the fitness room.

- 5 - It is mandatory to the residents and personal trainers to return all utilized equipment to their due places and maintain their hygienic conditions as well, by cleaning aerobic equipment, small mattress and equipment after use.
- 6 - To utilize the aerobic equipment (treadmills, elliptical trainer, horizontal and vertical bikes), as the case may be, the resident must request the teacher to put his on the waiting list and comply to the limit of 30 minutes of its utilization.
 - 6.1. As an exception, in the event of absence in the registration list, the resident, only under express authorization of the teacher, can initiate a new round of 30 minutes in the equipment; it will be mandatory to reset the counter to zero.
- 7 - The cool-down timing is included in the aforementioned 30 minutes.
- 8 - In order to maintain the cleanliness of the fitness room, it is requested the collaboration of all residents by discarding used materials in the trashcan.
- 9 - It is utterly forbidden to remove any equipment or material from the interior of the fitness room.
- 10 - It is utterly forbidden the access, crossing or permanence of children UNDER 12 YEARS OF AGE in the fitness room, even if accompanied by their parents.
- 11 - It is utterly forbidden to enter and remain in the fitness room without undershirt, barefoot, with sandals, bathing suits, jeans or any other clothes which are inappropriate to this environment.
- 12 - The care of personal objects is the total responsibility of its owner.

THE FITNESS ROOM WILL BE OPENED IN THE FOLLOWING SCHEDULE:

Monday	from 15:00 to 22:00
Tuesday through Friday	from 06:00 to 22:00
Saturday, Sunday and Holydays	from 09:00 to 18:00

THE NON COMPLIANCE OF THE ESTABLISHED NORMS AS SET FORTH IN THESE RULES WILL SUBJECT THE INFRINGER TO THE PENALTIES AS SET FORTH IN THE CONVENÇÃO DO CONDOMÍNIO CONDOMINIUM CONVENTION (CHAPTER VIII, ARTICLES 37º THRU 40º.)

DATA: AGO/25/2009

CLUB DIRECTOR