

## FITNESS CENTRE RULES

The following rules are designed for your safety and convenience.

### CAUTION:

- All persons using the Fitness center and Pilates studio do so at their own risk and sole responsibility. The hotel accepts no liability for injury, death or any loss associated with the use of the Fitness center and Pilates studio facilities, e.g. articles of clothing, valuables, etc.
- Only children over the age of 14 are allowed to access the Fitness center and Pilates studio under the supervision of an adult (18+).
- Do not exercise if you have consumed alcohol, drugs or medication within the last three hours. If you have consumed more than two drinks, do not exercise today.
- Stop exercising if at any time you feel faint or dizzy.
- Absolutely no glass containers are allowed in the Fitness center and Studio.
- No wet bathing suits allowed in the area. Please wear appropriate exercise attire at all times (sport shirt or top, sport shorts and/or pants, and appropriate sport shoes). Casual clothing is NOT allowed. Open-toed shoes, open-backed shoes, boots, sandals, or casual shoes are NOT allowed. **Failure to dress properly will result in denial to workout.**
- Any abuse of the equipment is not allowed. Respect the machines.
- Please wipe off equipment after you have used it and **PUT WEIGHTS BACK.**
- **DO NOT drop dumbbells and plates on the floor.**  
Please **NO** use of chalk or other powders or scents.
- Members and Guests are not permitted to bring their own equipment into the Centre.
- Please be respectful of others: avoid capturing others in the background of photos and make phone calls/send texts in the hallways.
- Eating inside the Fitness Centre or Studio is not permitted.
- No smoking allowed.
- No pets are allowed.

Hours: 7:00 am to 11:00 pm.

In case of emergency, use phone marked **EMERGENCY.**

## PRAVILNIK ZA KORIŠĆENJE FITNES CENTRA

Pravila su osmišljena radi vaše bezbednosti i užitka.

### UPOZORENJE:

- Korišćenje Fitnes centra i Pilates studija je na vlastitu odgovornost. Hotel ne prihvata odgovornost za bilo kakvu vrstu povrede ili gubitak dragocenosti koje su ostale u Fitnes sali ili Pilates studiju bez prethodnog ličnog nadzora.
- Samo deca starija od 14 godina mogu da koriste Fitnes centar i Studio u pratnji roditelja ili odraslih (18+ godina).
- Nemojte vežbati ako ste konzumirali alkohol, opojna sredstva ili lekove u poslednja tri sata. Ako ste popili više od dva pića, ne vežbajte danas.
- Bilo kakva zloupotreba opreme nije dozvoljena.
- Prestanite da vežbate ako u bilo kom trenutku osetite nesvesticu ili vrtoglavicu.
- Apsolutno nikakve staklene posude nisu dozvoljene u zoni fitnes centra.
- Mokri kupaći kostimi nisu dozvoljeni u ovoj oblasti. Nosite odgovarajuću odeću za vežbanje u svakom trenutku (sportska majica ili top, sportski šorts i/ili trenerka i odgovarajuća sportska obuća). Ulična obuća nije dozvoljena.
- Bilo kakva zloupotreba opreme nije dozvoljena. Poštujte mašine!
- **NE** bacajte tegove na pod!
- **NE** koristiti pudere i ostale praškove za vežbanje.
- Molimo obrišite opremu nakon što ste je koristili i vratite na mesto tegove.
- Članovima i gostima nije dozvoljeno da unose sopstvenu opremu u Centar.
- Poštujte druge: izbegavajte da snimate druge u pozadini fotografija i telefonirajte/šaljite poruke u hodnicima.
- Unošenje hrane nije dovoļjeno.
- Kućni ljubimci nisu dozvoljeni.
- Pušenje nije dozvoljeno.

Radno vreme: 7:00 do 23:00.

U hitnim slučajevima koristite telefon sa oznakom **HITNO.**