

GENERAL RULES OF FITNATION CLUBS

1. General provisions

Fitnation Fitness Club (hereinafter referred to as the Club) has established the Rules binding for all Customers. The purpose of the Club Rules is to create safe, optimal and comfortable conditions for training. These Rules are binding for all Customers and guests of the Club (hereinafter referred to as the General Rules). The terms used in the text of the General Rules have the same meaning as the terms used in the text of the General Conditions of the Contract.

When visiting the Club, the Customer is obliged to follow these General Rules, as well as the instructions of the Club staff.

These General Rules apply to each Club and are an attachment to the General Conditions of the Contract concluded between the Customer and the Company.

2. Access to the Club

In order to access and leave the Club, the Customer shall pass through the turnstiles installed at the entrance to the Club and make his/her identification through the Identifier using the device installed on the turnstiles.

It is forbidden for 2 (two) or more persons to enter the turnstile at the same time.

For any attempt to enter the Club or leave the Club without identification using the Identifier, the Company has the right to require the Customer to leave the Club immediately and to deny the Customer access to the Club.

In case of malfunction of the device installed on turnstiles or turnstiles, as well as in case of any problems and issues related to the identification of the Customer by means of the Identifier, the Customer shall contact the administration of the Club for assistance.

3. Your staying at the Club

3.1. Your health:

We recommend that you take your health condition into account and immediately inform the Club staff of any deterioration in your well-being during your stay in the Club, as well as any restrictions on physical exercise and sports.

The Club strongly recommends that you pass an examination at a medical institution before attending training, as the Customer is personally responsible for his/her health.

The Company and the staff of the Club are not responsible for accidents that have occurred on the territory of the Club, or injuries that have occurred to the Customer due to gross negligence by the Customer of these General Rules, safety rules, rules and instructions for the use of sports equipment and inventory of the Club, or instructions of the Club staff, as well as for damage caused to the health of the Customer by the actions of third parties.

The Company is not responsible for the Customer's health. The Customer is obliged to monitor his/her own health condition at all times and to consult regularly with his doctor before visiting the Club. The fact of visiting the Club means that the Customer confirms that he/she does not have any medical problems, which prohibit visiting the Club and using the services provided by the Club.

In case of feeling sick, the Customer is obliged to immediately stop training at the gym or Group activity, and to contact the staff of the Club, as well as to inform the Club staff of the need to call an ambulance.

The Customer is prohibited to consult other visitors of the Club about sports load, trainings and other services provided by the Club without written consent of the Club.

3.2. Your first visit:

For full information about the Services, the Club offers free access to the Club:

- in the gym, where you can get acquainted with the equipment, the basic rules of use of simulators, get recommendations on training;

- in the halls of group programs, in the rock-climbing area (if there is one in the Club);

- in the pool area (if there is one in the Club).

Initial training is conducted by an instructor on duty in the gym or in the pool area, in the halls of group programs - by schedule or by appointment at the reception.

3.3. Group activities:

Group activities are held according to schedules, information about which is posted on the Internet page, the Customer Zone. The administration of the Club reserves the right to make changes in the schedule of Group activities and to replace the instructor (coach) stated in the schedule.

In order to avoid the creation of traumatic situations, it is necessary to come to the Group activities without delay. It is not recommended to come to the activity later than 15 minutes after its start, as it may be dangerous for the Customer's health. In this case, the Instructor has the right to prevent the Customer from attending the training.

After the end of the training (activities) it is necessary to return the sports equipment to the specially designated places.

The Customer has the right to attend Group activities in the Club only if he/she purchased and paid for the Additional service: Group activities according to the conditions of the Contract between the Customer and the Company.

Attending a Group activity is possible only on condition of preliminary registration for the corresponding Group activity, taking into account the Company's limits on the number of participants of each Group activity. Information about such restrictions is available on the Internet page, in the Customer Zone and the Club staff.

3.4. Activities on water (pool) (if available in the Club):

When in the pool area it is prohibited to jump into the water from the skirting boards, as well as visit the pool after visiting the sauna or hamam, without prior taking a shower.

It is necessary to visit the pool area in specialized footwear with non-slip soles.

When swimming in the pool it is necessary to use a special cap.

Water temperature, chlorine concentration, PH level in the Club's pools are maintained within the limits established by the sanitary and epidemiological norms and cannot be changed upon request of the Customer.

During Group activities in the pool, the Club has the right to limit the swimming area.

Activities in the pool may be limited due to the need to the preventive work.

Children's pool (if available in the Club) is designed for children under 6 years of age. Attendance of the children's pool by adults is allowed only by parents of children under the age of 3 years when conducting activities in the section *Breastfeeding-age children swimming* with the obligatory provision of such adults with a certificate from a medical institution.

Only Customers are allowed to be in the pool area and only wearing the second pair of clothes (including a special cap) and second pair of shoes.

3.5. Gym:

Before you start training on simulators, it is necessary to read and follow the instructions for use of simulators.

If you have any questions about the rules of use of one or another simulator - contact the Administration of the Club.

Activities with naked core are not allowed in the gym and during group activities.

3.5.1. CLUB ACTIVITIES

The entrance to the Club is available to the Customer during the Club's working hours, indicated on the Internet page and in the Customer Zone, and the entrance to the Club is possible not later than 1 (one) hour before its closing.

When visiting the Club, especially when attending group activities, the Customer shall follow the instructions of the Club's staff.

Before going to the gym and group activities at the Club, it is advisable to remove all jewelry that may interfere with the training or activity.

When visiting the gym and group activities, the Customer shall leave his/her personal belongings in a box located in the Club's locker room. The box is locked with the Customer's personal lock, which the Customer shall purchase and carry with him/her during each visit to the Club. The Customer is not allowed to hand the key to his/her lock over to other persons and is obliged to make sure that the key to his/her lock is with him/her during the whole period of the Club visit. After training or activity at the Club, and leaving the Club, the Customer is obliged to release the box from all the things in it, remove and take away his/her lock, and leave the box unlocked. The lock on the locker box in the locker room will be cut off after the Club is closed and will not be returned to the Customer, the Customer's belongings from the locker box will then be transferred to the Club for storage as found items.

When someone else's property is found on the territory of the Club, it shall be handed over to the Club staff.

The found items shall be stored in the Club for 7 (seven) days, the items that are quickly spoiled shall be stored for 24 (twenty-four) hours after which they shall be designated as ownerless property and shall be transferred to the disposal of the Club, unless otherwise stipulated in the country of the Contract. Found items are issued with an identity card. The Club is not responsible for the items and any valuables left by the Customer in the drawer, locker room, showers and any other Club premises.

3.5.2. USE OF SPORTS EQUIPMENT AND INVENTORY

Rules and instructions for the use of sports equipment or inventory are available at the Club near the relevant sports equipment or inventory, directly on sports equipment or inventory, or from Club staff.

Before starting training at the gym or Group activity, the Customer shall contact the Club staff on any issues related to the use of sports equipment or inventory of the Club, as well as on safety issues.

By using the Club's sports equipment or inventory without taking into account the rules and instructions for use, as well as the instructions of the Club's staff and their physician, the Customer assumes full responsibility for violation of the rules, instructions and advices (including exceeding the allowable load), as well as for possible damage that may be caused to the Customer's health.

Sports equipment or Club equipment shall be left in its original position after use (including the removal of weight from the bar) and all surfaces of the equipment shall be cleaned with napkins and specially designed means available at the Club after training in the gym.

The Customer shall not use sports equipment or inventory for too long. The Customer shall remember that other Customers of the Club are also entitled to use this sports equipment or inventory.

The Customer shall use the premises, sports equipment and inventory belonging to the Club or located on the territory of the Club in a manner appropriate to their purpose and in accordance with the rules and instructions and advices received from the staff of the Club. It is forbidden to use the equipment and inventory of the Club in any way other than in accordance with the rules, instructions or advices for their use. The Customer is obliged to use the sports equipment and inventory of the Club with care and caution and to treat any other property of the Club with care. In case of any malfunction of the sports equipment and inventory, the Customer shall immediately contact the staff of the Club.

The Customer shall be materially liable for any damage or destruction of sports equipment or inventory owned or located by the Company.

3.6. Sauna, hamam, locker rooms:

When visiting a sauna or hamam, observe the safety regulations.

It is unacceptable to use aromatic oils, creams, honey and other cosmetic products for personal use (including hair dyeing products) in saunas, steam baths, hamam.

It is prohibited to dye, cut hair or use razor accessories on the Club's premises.

In order to ensure customers' health safety, it is not allowed to independently change the temperature set in the sauna, hamam, in particular, by casting water and aromatic products on stones.

If applicable: Female customers are allowed to change their male children under the age of 4 years in the women's locker room, in a designated area. If the child is more than 4 years old and cannot change his or her own clothes, the accompanying person shall use the children's locker room (if there is one in the Club).

3.7. Etiquette at the Club:

It is necessary to wear shoe covers at the entrance to the premises of the Club without the second pair of shoes.

All Club premises are smoking-free zones. It is forbidden to stay in the Club under the influence of alcohol, use alcohol, narcotic and/or psychotropic substances, as well as to eat in places intended for training, in recreation areas and locker rooms. In case the staff of the Club has a suspicion that the Customer is in a state indicating the use of alcohol, drugs or other intoxicating substances, the staff of the Club has the right to request the Customer to leave the Club immediately.

Video and photo shooting at the Club is allowed only if there is a special agreement with the Administration of the Club.

It is forbidden to distribute (including leave) leaflets and advertisements on the territory of the Club without written consent of the Club, to engage Customers.

It is forbidden to conduct polls and agitation (including political) on the territory of the Club.

It is forbidden to sell goods and services on the territory of the Club without written consent of the Club/Company.

The Members of the Club may enter the territory intended for official use only in cases when there is a special invitation to do so.

The rules of conduct shall be observed on the premises of the Club. You may not speak loud or aggressively, use profanity, or perform other actions that may cause discomfort to people around you. Mutual respect is a guarantee of comfort for every Club Member.

It is prohibited to bring into the Club territory alcohol, drugs, weapons, other stabbing and cutting items, which may cause injury to other Customers or Club staff.

Animals and minors may not be found on the Club's territory.

The Customer may not use in any way any technical equipment owned by the Company or located on the premises of the Club, including: switching on, off, regulating or otherwise changing the settings of audio and video equipment, air

conditioners and other technical equipment. In case of any malfunction or interference with the technical equipment, the Customer shall contact the staff of the Club.

Video recording is made on the territory of the Club to prevent and disclose criminal acts, as well as to ensure the protection of life and health of Customers and Club staff. Video recordings are used only for these purposes.

The Customer shall not touch the CCTV cameras or interfere with their work in any other way.

In case it is established that other Customers do not comply with these General Rules, including in case of violation of the rules of conduct or hygiene, as well as in case of conflicts with other visitors of the Club, the Customer shall contact the staff of the Club.

The Customer shall be materially liable for any damage or destruction of technical equipment owned by the Company or located on the territory of the Club.

Clothing:

Exercises (activities) in fitness zones are carried out only in sports/second pair of clothes and shoes. Clothes are changed in the Club's changing rooms.

Personal hygiene:

General standards of hygiene shall be observed. Before going to the pool it is necessary to take a shower.

We kindly request our Customers not to use harsh perfumery odors when attending training (activities).

3.8. Other provisions

Your items:

In order to ensure the safety of your valuables, you should use lockers and/or safes located on the Club's premises. Lockers located in the Club's locker rooms are not designed to store your valuables.

The things left (forgotten) by the Club Members in the lockers/cabinets, lockers/safe boxes or on the territory of the Club shall be handed over to the reception, registered and kept in a specially designated place within 7 (seven) days from the moment of their finding out. Items not demanded within the specified period are subject to disposal.

For security purposes, the Club shall have video surveillance (cameras are installed at the main entrance, in the reception area, in the gym and in the pool area). Security in the Club is provided by a specialized security agency.

Music accompaniment in the Club:

The Club has modern musical equipment, which provides musical accompaniment in the training areas.

The choice of music accompaniment is made by the Club and may not be changed upon request of a Club Member. If you have certain wishes, you can set them out in the Book of suggestions, we will consider them.

Working hours of the Club:

The working hours of the Club is indicated on the Internet page and in the Customer Zone.

The Club has the right to restrict access to showers, toilets, pool area in case of emergency shutdown of cold or hot water and/or limit the scope of services in case of emergency power failure without any compensation.

The Club reserves the right to close the Club and/or its separate premises for repair, restoration and other types of work.

Activities in the training areas of the Club shall be completed 30 (thirty) minutes before the closure of the Club and leave the premises of the Club not later than the specified end time of the Club.

During the Club events, the Club has the right to limit the area intended for trainings for visiting.

Guests of the Club:

These Rules apply to the Guest.

4. Rules of attending the Children's Club (if any)

Our small Customers (between the ages of 3 (three) and 16 (sixteen)) may only be accompanied by an adult (parent and/or authorized person) who is a Customer. Self-guided visits to any training areas, group activities, gym, pairs and pool areas by persons between the ages of 14 and 16 years are permitted with the written consent of the parents.

The Children's Club Card entitles children to attend the training zones provided by the Club for children, group activities, children's sections and a play room. Attendance of training areas is made according to the age of the child. The children's room is designed for children from 3 (three) to 7 (seven) years old. The age of children in the sections is indicated in the schedule of group activities.

The Children's Club Card allows children to freely attend the swimming pool only if accompanied by parents who are Club Members (within the Club Card purchased by the parent).

In case the parents are not Club Members, the child can access the pool only for Group programs according to the Children's Club schedule (according to the child's age), personal trainings and sections.

Independent attendance of any training areas, group activities, gym, pairs and pool area is allowed from the age of 16 (sixteen).

The contract with persons under 18 (eighteen) years of age shall be concluded by the parents (trustees) or minor with their written consent.

Children, who are not Members of the Club, can stay only in the children's playroom for not more than 2 hours, or visit sections of the Club after preliminary payment in accordance with the price list of the Club.

Parents or accompanying persons are personally responsible for the children who are on the Club's territory.

The presence of parents or persons accompanying the child at the activities, sections are allowed no more than in the first two activities, sections.

Before starting the activities in the Club, a child shall pass the initial fitness test.

To visit the pool, it is obligatory to provide the Club doctor with a medical certificate from a pediatrician that there are no contraindications to visit the pool.

The Club reserves the right to refuse (even in the presence of a certificate) to visit the pool in the presence of pronounced skin manifestations in a child.

For activities at the Club, we ask that children wear comfortable sports clothes and shoes. It is necessary to have bathing accessories for swimming activities in the pool. The instructor may prevent a child from attending the activity without the obligatory use of a bathing cap.

Children, like all Club members, shall observe general hygiene rules, including taking a shower before each visit to the pool.

For a child's comfort during group activities, we recommend that children be brought to activities according to their age, 10 (ten) minutes before the beginning of activities. In order to avoid injury, children who are more than 10 (ten) minutes late for training are not allowed to attend the activity.

It is not allowed to bring a child to the Club or to the children's room without the second pair of shoes.

Persons accompanying a child may not stay in the pool area without the second pair of specialized shoes (with non-slip soles) and changing clothes.

A child may not come to or leave the children's room on his or her own without an accompanying adult Club Member. A child may be taken away by the parent who brought him/her to the children's room or by an authorized person with parental permission.

It is possible to leave children in the children's room for not more than 2 (two) hours.

4. Rules for participation in club activities for adults

Customers of Fitnation clubs are allowed to participate in the activity.

Age of participants: 18+

Categories of participants: men and women

Participation in the activity is not allowed for:

- Persons under 18 years old
- Persons under the influence of alcohol/drug intoxication

Clothing of the activity participants:

- Sports and comfortable clothes
- Accompanying persons shall necessarily have the second pair of shoes or wear shoe covers, be without outer clothing.

Regulation: participants of the activity shall follow the established program of the activity.

5. Rules for participation in club competitions in swimming for adults

Customers of Fitnation clubs are allowed to participate in the activity.

Age of participants: 18+

Categories of participants: men and women

Participation in the activity is not allowed for:

- Persons under 18 years old
- Persons under the influence of alcohol/drug intoxication

Clothing of the activity participants:

- Swim cap, glasses, slippers
- Accompanying persons in the pool zone shall necessarily have the second pair of shoes or wear shoe covers, be without outer clothing.

Regulation: participants of the activity shall follow the established program of the activity.

6. Rules for participation in club activities for children (if allowed)

Customers of Fitnation clubs are allowed to participate in the activity

Age of participants: 3+

Categories of participants: girls and boys

Persons under 3 years old are not allowed to participate in the activity

Clothing of the activity participants:

- Sports and comfortable clothes
- Accompanying persons shall necessarily have the second pair of shoes or wear shoe covers, be without outer clothing.

Regulation: participants of the activity shall follow the established program of the activity.

7. Rules for participation in club swimming competitions for children

Participation in the activity is allowed for:

- Customers of Fitnation fitness clubs
- Club guests, swimming section subscription holders
- Club guests, owners of personal training package in the pool

Age of participants: from 5 to 16 years

Categories of participants: girls and boys

Persons under 5 years old are not allowed to participate in the activity.

Clothing of the activity participants:

- Swim cap, glasses, slippers
- Accompanying persons in the pool zone shall necessarily have the second pair of shoes or wear shoe covers, be without outer clothing.

Regulation: participants of the activity shall follow the established program of the activity.

8. Additional Services

General provisions:

Additional Services mean the Services provided by the Club and not included in the cost of Main Services. The Price List and the list of such additional services provided by the Club are available on the Internet page and in the Customer Zone.

9.1. Massage services:

Massage services are provided by appointment at the reception of the Club after full payment of the cost of such services. Refusal (transfer) of massage services is allowed not later than 1 (one) hour before the agreed time. In case the Club is not notified about the cancellation or postponement of the procedure, such procedure shall be considered to have been performed. In case of late or non-attendance of the Member, the procedure is shortened or considered to have been performed.

The Customer shall sign after receiving the Service in the form of an appointment for the Services of the massage room at the reception, confirming the actual Service provided and the absence of claims.

9.4. Beauty Salon Services:

The services of a cosmetologist and a pedicure (manicure) room shall be provided in accordance with the procedure specified in these Rules for Massage Services. After receiving the Service, the Customer shall sign in the appropriate form an appointment at the reception, confirming the actual provision of the Service and the absence of claims.

Independent manicure/pedicure/epilation/depilation procedures are not allowed on the premises of the Club.

9.5. Individual box rental service:

The individual box rental service is activated/renewed after the payment is made by the Club Member. In case of expiration of the paid period of lease of an individual box, the Club has the right to release the box from its belongings. The contents of the individual box shall be moved to the place of storage of the lost things and kept on the conditions specified in these Rules.

10. Final provisions

10.1. Carrying out of personal training by the Customer for the third parties on the territory of the Club is not allowed, it is considered a material violation of the Club's Rules and entails the possibility of unilateral termination of the Contract by the Club.

10.2. These Rules are an integral part of the Service Contract. If necessary, the Rules of the Club may be revised or supplemented by the Administration of the Club. Each new Rules replace the previous ones. The current Rules of the Club you can always read and get familiarized with them on the Internet page and in the Customer Zone.

10.3. If you have any questions, you can contact the Administration of the Club.

10.4. If the Customer violates these Rules, the Club reserves the right to apply the provisions of the Contract.