

# Max Health Club

## RULES AND REGULATIONS

Dear member,

Below you will find our rules of the house. We made these rules to make your stay as pleasant as possible and we count on it that everyone abides by them, so that the facilities and the atmosphere will stay optimal.

### General rules:

- \* In and around the Health Club there are rules. You will find them on the website.  
On entering the premises you agree to our rules.
- \* Management reserves itself the right of terminating a membership without statement of reasons.
- \* On entering the premises you must always report at the reception desk to have the validity of your membership card checked. No admission without your membership card.
- \* Persons under the age of 16 cannot become members of the Health Club.
- \* It is not allowed to bring in (sports) bags into the sports areas.
- \* It is not allowed to leave personal effects behind in the lockers. After closing hours the lockers will be opened and the gear that is found will be removed.
- \* Smoking is strictly forbidden.
- \* Eating and drinking is only allowed in the Lounge
- \* In the training areas drinking is only allowed from a lockable bottle c.q. bidon.
- \* Partaking of food and drink you brought along is not allowed inside the Health Club.
- \* Chewing of chewing gum is not allowed.
- \* Making use of the Health Club is entirely at one's own risk.
- \* Lost property is kept for a period of eight (8) days in the destined basket in the changing rooms.
- \* Management cannot be held responsible for any theft, loss or accidents in and around the Health Club.
- \* Management rules in all cases not mentioned in these regulations.
- \* As you have undoubtedly noticed when you fill in our information form, we ask you for personal information about your health. We ask you for this information only for health safety reasons and for developing a good fitness programme for you. Needless to say, we can only give you correct advice concerning your fitness programme if we are properly informed of your health situation and any limitations you might have. The information you provide will be used by Max Health Club only for this purpose and will be kept highly confidential. We shall never give any information to third parties. The information will not be kept longer than necessary and will be deleted from our files immediately if you so request.  
Max Health Club will not process your information without your specific permission. We will only process your information if you have indicated your agreement with the conditions of the Club Regulations.

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## Membership:

- \* Someone is considered to be a member as long as this person holds a membership card of Max Health Club.
- \* Training is only possible with a valid card. On entering the premises the card should be handed in at the reception desk; after validation it will be returned straightaway. In case of loss you will be charged € 7.50.
- \* Identification by means of a valid identity document (passport/driving license).
- \* Membership is non-transferable or exchangeable.
- \* In case of holidays, illness or otherwise the period of validity will not be adapted.
- \* The sole exception to the point above is about stopping the subscription in case of a (long-lasting) injury. After filling out the mutation form as well as having any proof and payment of the administration costs, there is a possibility that the management will give permission not to make use of the facilities of a fixed period.
- \* Not on any account will there be a refund.
- \* Max Health Club BV reserves to itself the right of adapting its fees.

## Opening hours:

- \* See the current timetables
- \* Opening hours can be altered and on holidays different opening hours can be applicable.
- \* The Health Club closes on the hour as mentioned in the brochure.

## Fitness - Cardio:

- \* In the sports areas wearing clean sportswear, non-marking and clean (indoor) sports shoes are mandatory as well as the use of a clean towel.
- \* For hygienic reasons each member is obliged to use a towel on the apparatuses.
- \* Materials should be put back to where they came from.
- \* After use each member should clean the apparatuses with the cleaning products supplied by the Health Club.
- \* Windows are opened and closed by the staff only.
- \* The air conditioning is operated by the staff only.

## Aerobic - Spinning:

- \* Times of lessons should be closely observed.
- \* In the sports areas wearing clean sportswear, non-marking and clean (indoor) sports shoes are mandatory as well as the use of a clean towel.
- \* Materials should be put back to where they came from.
- \* By way of exception a lesson can be cancelled.
- \* On late arrival, so when the lesson has already started, one is obliged to find a place at the back of the room.  
In this way the teacher and the other members will not be hindered.
- \* After use each member should clean/dry the Spinning bike with the cleaning products supplied by the Health Club. In addition to that all buttons/bolts should be unscrewed and saddle + handle bar must be put in their highest positions.

## Sauna:

- \* Wearing flip-flops is advised.
- \* Underwear and (swimming) clothes are not allowed in the sauna and adjacent areas.
- \* Showering and towelling down is mandatory before using the sauna and after using the lavatory.  
Towelling down after using the sauna and the shower is mandatory before entering the lavatory.
- \* In the saunas and the adjacent areas sitting or lying with your whole body on a towel is mandatory.
- \* Using the saunas and the adjacent areas for any other purpose than what they are destined for leads to immediate termination of membership without being entitled to a refund.
- \* Neither method of depilation whatsoever is allowed nor scrubbing, dying hair and cutting nails.
- \* Drying of towels or clothing in the sauna is prohibited.

## Quick tanner:

- \* It is advisable to only use creams, lotions etc. that are suitable for the quick tanner.
- \* The user of the quick tanner should clean the apparatus after use with the cleaning products supplied by the Health Club.

## Lounge:

- \* Coffee is available up to one hour before the closing hour; other drinks can be had up to half an hour before closing hour.

## Squash:

- \* In the squash area wearing non-marking and clean (indoor) sports shoes, preferably squash shoes, are mandatory
- \* During your time of play you should see to it that your bags do not obstruct other members.
- \* Please closely observe the times of play. The exact time of play is 45 minutes. After your time has expired, you are obliged to leave the court clean, as well as the area in front of the court.
- \* There are litter bins in which you can put your litter.
- \* Once (1x) a day for 45 minutes members are allowed to make use of a court that can be booked up to a maximum of 7 days in advance. Only when that court is not booked for the following period you can play longer.
- \* If, after a reservation, a member comes late, Max Health Club releases the court for other members to play.
- \* Sometimes the squash court is closed. The time when the squash court is closed are be found by the entrance of the court.

## Children / day-nursery:

- \* The day-nursery is the only area children are allowed to come during opening hours.
- \* Announce and pick up your kid yourself and register your kid's name and your name with us.
- \* Change baby-nappies beforehand.
- \* Hand over changed nappies in the nursery in well closed plastic bag. Please do not throw this away somewhere else in the club
- \* Write your kids name on their bags.
- \* Wait outside the nursery if it's full, until it's your kid's turn and you will be asked to enter the nursery. Please keep the gate closed.
- \* Pick up your kid on time and as soon as possible.
- \* Ask if you want to practice 2 hours, after one hour practice if it's possible to leave your kid in the nursery for another hour.
- \* Children who are ill are not allowed in the day-nursery.
- \* Max Health Club cannot be held responsible for any accidents, injury, child illness or missing from toys etc.

## Car park:

- \* Bicycles should only be placed in the camera protected bicycle store.
- \* Cars should only be parked in the designated parking spaces. Do not block up passages and follow the arrows (direction of traffic)

# Safety:

- \* For the protection of your property you are advised to use a locker. It is useful to always bring your own lock. Then you can also use the yellow lockers.
- \* In view of everyone's health and safety it is strongly advised to obey directions and advice from the staff.
- \* Members who visit the club for the first time should find the instructor and make an appointment for an intake at the reception desk.
- \* In case of health problems and/or injuries you are advised to report them to the instructor.
- \* When in doubt about taking part in an activity or performing an exercise, ask the instructor for advice.
- \* Train regularly, but prevent excess training. Training for more than once a day can lead to negative training results and can cause injuries.

We thank you very much for reading and abiding by our rules and regulations.  
Confiding in a pleasant cooperation, we remain,

Yours truly,

Management