

CROYDON

Vineyard Estate

GYM DISCLAIMER

Use of the gym facilities is strictly at own risk. The HOA, Trustees, employees and trainers do not accept any liability whatsoever for any injury or death of any person, the loss, destruction of or damage to any personal property arising from the use of the gym facilities, regardless of the cause thereof.

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The gym equipment was designed for reasonable adult use only.

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Improper or unauthorized use of the gym equipment may result in serious harm.

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Children (under 12) are not allowed to use the gym facilities unless accompanied by an adult.

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Only water is allowed in workout areas. No food or other drinks are permitted.

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GYM RULES AND GUIDELINES

1. Return all equipment to its original place after use.
2. Close all windows, switch off the TV and Aircons before you leave the gym.
3. Use the on/off switch at the TV to switch TV on/off and use the DSTV remote to change channels only.
4. Use a towel for hygiene purposes.
5. Children (under 12) are not allowed to use the gym facilities unless accompanied by an adult.
6. Do not remove the mirrors from the bathroom walls.
7. Wear suitable clothing and shoes. No bare feet!
8. Wipe seats and grips with your towel when finished using equipment.
9. Do not put water containers anywhere on the equipment unless there is a specific place.
10. Treat the gym and equipment with care and report any machine faults to lifestyle management - lifestyle@croydon-estate.co.za

PLEASE BE CONSIDERATE OF OTHER GYM USERS

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Gym Regulations for **Class Instructors and Personal Trainers**

1. Group Instructors and Personal Trainers must request permission from the HOA to train other persons in the Croydon Gym and the Courtyard.
2. The applicant must be a resident, qualified and in possession of a valid First Aid certificate.
3. Class bookings for the studio level must be arranged with the Lifestyle Coordinator at the Lifestyle Centre one month in advance.
4. Personal Trainers are allowed a maximum of one patron per session on the lower levels.
5. The HOA Trustees reserve the right to implement/amend a booking fee for Instructors/Trainers if so required.
6. The gym is an Association membership benefit. External patrons will be allowed with permission from the Estate Manager.

