

POWERLAB FITNESS un SEA WELLNESS

INTERNAL RULES OF PROCEDURE

General Information:

- By purchasing a subscription to the sports club "Powerlab Fitness" and "Sea Wellness" and paying for it at the box office of the sports club, the customer confirms that he has read the club's internal rules and undertakes to comply with them.
- "Powerlab Fitness" and "Sea Wellness" do not return the money for a previously purchased subscription, however, it is possible to freeze and extend the subscription free of charge in exceptional cases when the customer cannot be provided with the appropriate service (including emergency in the country, preventive and technical work in the club area , as well as the absence of a coach providing the relevant service.)
- For the visit to the pool and fitness hall, the customer is given one towel for each area included in the subscription; additional towel rental is available (2 € / piece).
- Drinking water is provided in the gyms and fitness halls; During the visit to the pool, customers can purchase drinking water separately.
- Children from 0 to 2 years old are not allowed in the swimming pool without swimming diapers.
- The special offer for seniors is open on weekdays during sessions starting at 10.00; 11:30 a.m.; and at 13.00.

1. General rules.

Powerlab Fitness and Sea Wellness's internal rules, security and conduct regulations (hereinafter - internal regulations) are intended to determine the norms of conduct, internal procedures, limits of mutual liability of visitors and Powerlab Fitness and Sea Wellness employees, rights and responsibilities.

2. Procedures for the use of services.

2.1. Powerlab Fitness and Sea Wellness services are allowed for customers who have a paid and valid sports club subscription.

2.2. The Powerlab Fitness and Sea Wellness subscriptions are activated at the time of purchase, except for gift cards with a specified expiration date.

2.3. When purchasing a subscription, Powerlab Fitness and Sea Wellness register in the database the personally identifiable information provided by the customer and an electronic photograph, which the club administration is entitled to keep in order to promote services and guarantee security.

2.4. You can become a member of "Powerlab Fitness" and "Sea Wellness" by purchasing one of the club subscriptions and receiving a magnetic card, which must be presented each time you visit "Powerlab Fitness" and "Sea Wellness". Only the owner of the subscription card may use it. If the Powerlab Fitness and Sea Wellness cards are lost or damaged, but the customer wants to visit the club, he can buy a new card for 5 €.

2.5. Club subscriptions can be used only by Powerlab Fitness and Sea Wellness cardholders and visitors to Baltic Beach Hotel & SPA; cards may not be transferred to other persons.

2.6. Powerlab Fitness and Sea Wellness can be visited once a day with a club subscription; The client pays separately for additional fitness club, pool or group classes.

2.7. When purchasing a one-month subscription, a member of Powerlab Fitness and Sea Wellness has a one-time transfer of the number of paid visits to the next two-week period if they have paid 50% of the initial subscription purchase price.

2.7.1. A member of Powerlab Fitness and Sea Wellness does not have the option to freeze a subscription when purchasing a six-month or twelve-month subscription.

2.7.2. To suspend the subscription, the customer must send an application to the e-mail address: spa2@balticbeach.lv.

2.8 "Powerlab Fitness" and "Sea Wellness" are allowed to be attended by persons from the age of 16 without parental supervision, except for trainings led by an individual trainer.

2.9. In order to maintain order, the visitors of the club are obliged to place the sports equipment in the place provided for it, before cleaning it with a disinfectant. The screws securing the exercise seat and handles of the exercise bike must be unscrewed and the seat disinfected; the treadmills must be lowered to the start position after each use.

2.10. In case of violation of the rules, the employees of "Powerlab Fitness" and "Sea Wellness" have the right to stop the visit and expel the client from the club premises, as well as to apply a fine of up to 25 €, block the membership card for a certain time or cancel the subscription. In this case, the subscription fee or the club visit fee will not be refunded. Powerlab Fitness and Sea Wellness have the right to claim full compensation from the customer.

2.11. Powerlab Fitness and Sea Wellness have the right to cancel the subscription if the club visitor does not regularly observe and significantly delays the time of the club visit specified in the subscription.

2.12. The club is not responsible for personal belongings left or lost by customers, nor is it responsible for accidents caused by the customer's own actions or force majeure.

2.13. In case of loss of the electronic bracelet, the customer is obliged to pay a fine of 5 €.

2.14. A customer who wants to see Powerlab Fitness and Sea Wellness must wear replacement shoes or disposable boot shoes.

2.15. It is forbidden to visit the gym with bare upper body, barefoot, in inappropriate clothing and shoes.

2.16. The use of the inventory available to a club member who has purchased a Full or AuqaFit subscription is included in the subscription price.

2.16.1. The rental fee for the available equipment for each visitor or club member whose purchased subscription does not meet the conditions of a Full or AuqaFit subscription is 2 EUR.

3. Internal procedures.

3.1 In Powerlab Fitness and Sea Wellness premises it is forbidden to:

- smoke (including electronic cigarettes), use and distribute alcoholic beverages, drugs and other intoxicants, as well as be under the influence of alcohol, drugs or other substances in the club premises;

- bring and use any food, drink (except water in a plastic bottle up to 1000 ml) and cosmetics in the pool, sauna and gym;
- bring in animals;
- distribute any goods and services and advertise them.

3.2. In the premises of Powerlab Fitness and Sea Wellness, video surveillance and video data processing is performed in the premises of Powerlab Fitness and Sea Wellness to ensure general order and security. Upon arrival, the customer consents to the processing and storage of this data.

4. Rights, duties and responsibilities of Powerlab Fitness and Sea Wellness customers.

4.1. The client of the fitness club and pool has the right to:

- use Powerlab Fitness and Sea Wellness services in accordance with the terms of the purchased subscription;
- Use other paid services, special offers and discounts from Powerlab Fitness and Sea Wellness Club and Pool.

4.2. The client of the club does not have the right to conduct private trainings for other visitors of the club.

4.3. Powerlab Fitness and Sea Wellness customers can apply for any class on a specific day and time. The club does not count as a missed lesson if the client has given at least 3 hours' notice of the cancellation.

4.4. The Powerlab Fitness and Sea Wellness client is personally responsible for:

- your state of health and its suitability for club sports;
- damage to club equipment, facilities and premises;
- compliance with the terms and conditions of the subscription.

4.5. Customer cards must be used only for the purpose intended - to register the visit. Cards should not be broken, bent, stored in extremely high or low temperatures, or exposed to magnetic fields (magnets, mobile phones, etc.). In case of damage to the card, the customer pays for its renewal value.

4.6. Electronic cabinet switches must be used in accordance with the instructions for use located on the interior door of the cab.

4.6.1. In the event that the electronic lock switch is locked, the problem must be reported immediately to the sports club administrator.

4.7. Only customers who have purchased a one-time visit or subscription are in the Powerlab Fitness and Sea Wellness area. It is not allowed to have accompanying persons in the "Powerlab Fitness" and "Sea Wellness" area without purchasing and paying for the visit, in outdoor clothes, street shoes, etc.

5. Rights and responsibilities of fitness club and pool administration.

5.1. The administration of Powerlab Fitness and Sea Wellness has the right to change the club's working hours, price list, schedule, as well as other things related to the club's activities.

5.2. Fitness club and pool staff have the right to expel and refuse access to the premises, as well as to cancel the subscription and customer registration without prior notice and without compensation to customers who do not comply with Powerlab Fitness and Sea Wellness's internal rules.

5.3. Fitness club and pool staff reserves the right, in their sole discretion, to deny entry to the premises and to deny customer registration and the purchase of a subscription to persons who may manifestly interfere with or harm the operations and / or interests of Powerlab Fitness and Sea Wellness.

5.4. Powerlab Fitness and Sea Wellness staff have the right to deny the opportunity to participate in group classes if the client delays the start of classes for more than 5 minutes.

5.5. Powerlab Fitness and Sea Wellness shall not be liable for any material or civil liability for damage to the customer's health resulting from non-compliance with internal regulations, warning signs, inventory instructions or personnel instructions, or due to the customer's own negligence or other customers' actions.

6. Rules of conduct.

6.1. The following are prohibited in the Powerlab Fitness and Sea Wellness areas:

- behave loudly, offend or otherwise disturb other clients and employees of the club; take photographs, film and make audio recordings;
- damage inventory, equipment and premises;
- without a reasonable need to borrow inventory and equipment and make it difficult for other customers to use them;
- Arbitrarily turn on, turn off and adjust music centers, TVs, saunas and ventilation equipment.
- perform such intimate hygiene procedures as shaving the legs, beard, armpits, etc .;
- Pour water and other liquids on the sauna heating elements, as well as use honey, coffee grounds and other body cleansers.

6.2. Powerlab Fitness and Sea Wellness must be in accordance with the generally accepted rules of cleanliness and order, as well as personal hygiene; the pool area can only be visited in a swimsuit.

6.3. Swimsuits or towels should be worn or used in the sauna and relaxation area; it is recommended to use rubber slippers in the washing and sauna area; a towel must be used to sit on the bench in the sauna.

6.4. You can use your own towel in the pool, sauna and relaxation area, as well as the Powerlab Fitness and Sea Wellness towels.

6.4.1. Towel dispensing and use at the Powerlab Fitness and Sea Wellness reception comply with the towel dispensing standard, which the club member reads and confirms with a signature when purchasing a first-time subscription.

6.4.2. Each club member is issued a towel card, which is presented during the visit, 1 towel is issued for the particular visit area.

6.4.3. The club member is informed that the towel card must be used in accordance with its standards, and if the towel card is lost, a fine of 20 EUR will be applied and the card will not be issued a second time without payment.

7. Security regulations.

7.1. Before starting classes in Powerlab Fitness and Sea Wellness it is recommended to consult a doctor, especially if the client has a history of cardiovascular disease, back or joint injuries, other serious illnesses, or if the client is unsure about their fitness for increased physical activity.

7.2. Stop the session immediately and inform the club staff if you experience any unpleasant pain, dizziness, weakness or discomfort.

7.3. Powerlab Fitness and Sea Wellness equipment and supplies may only be used for their intended purpose and in accordance with the instructions for use; In case of doubt, club staff should be consulted regarding the proper use of equipment and facilities.

7.4. It is forbidden to perform exercises with the maximum weight load in the gym without the supervision of a trainer.

7.5. Powerlab Fitness and Sea Wellness staff should be informed immediately:

- for injuries or obvious health problems caused by yourself or other clients;
- for improper actions or behavior of other customers that violate the internal rules or may pose a risk of injury or health risk to the violator or other visitors;
- for damage and defects of inventory and equipment.

7.6. It is not recommended to wear rings, pendants, hair clips, etc. during the lessons. items that may present a risk of injury.