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RULES OF USE OF FITNESS CENTER SERVICES

1. General conditions

1.1. These Rules are an open public offer of the Management Company LLC "Aligrand", containing the terms of the Agreement for the provision of services for visiting the Fitness Center, including: indoor pool, gym, sauna, hammam, massage rooms, locker rooms and shower rooms (hereinafter referred to as the Fitness Center) located on the territory of the Brosko Hotel Moscow (hereinafter referred to as the Hotel).

1.2. The Rules define the basics and procedure for visiting the Fitness Center, establish the rights, obligations and prohibitions, the implementation of which is mandatory for persons using the services of the Fitness Center, Hotel Guests and their accompanying persons.

1.3. Using the services of the Fitness Center means acceptance of these Rules in their entirety, without any exceptions. Before concluding the Contract for the provision of services for a fee (that is, paying for a visit to the Fitness Center), the Guest is obliged to familiarize himself with these Rules. Receipt of a cash receipt and an electronic bracelet is a confirmation that the Guest is familiar with these Rules, fully agrees with them and undertakes to comply with them, bearing the risk of adverse consequences in case of their violation. When visiting the Fitness Center by an organized group of persons, the Group Leader is responsible for compliance with these Rules by all members of the group.

1.4. Using the services of the Fitness Center, the Guest confirms that neither he nor his minor children have medical contraindications for physical education, sports and fully assumes responsibility for their health and the health of their minor children visiting the Fitness Center with him.

1.5. The right to visit the Fitness Center is granted to Guests who have paid the full cost of the entrance subscription. Guests staying at the Hotel are entitled to free access to the Fitness Center during the opening hours of the Fitness Center, starting from 2 pm on the day of arrival until 12 pm on the day of departure. For other categories of Guests, access to the Fitness Center is carried out for an additional fee, according to the approved price list of the Hotel.

1.6. Payment for visiting the Fitness Center is made before the start of the visit.

1.7. Working hours of the Fitness Center: daily, from 7 am to 10 pm. Entrance to the Fitness Center closes 30 minutes before the closing time of the Fitness Center. The guest is obliged to leave the pool, gym, sauna, hammam at least 15 min before the Fitness Center closes.

1.8. Guests are responsible for managing their own time in the Fitness Center.

1.9. It is allowed to be in outerwear only in the reception area and in the locker rooms. The Administration of the Fitness Center has the right to prevent the Client from entering the territory of the Fitness Center in street shoes.

1.10. For classes in the Fitness Center, you should change into clothes and shoes that correspond to the chosen type of outdoor activity. The upper body must be closed. It is forbidden to be in the gym in studded

shoes and shoes with heels.

1.11. It is recommended that you remove your jewelry before entering the Fitness Center.

1.12. Changing clothes is allowed only in the locker rooms.

1.13. When visiting the Fitness Center, the Guest is given for use: a key to an individual locker, 2 towels, a bathrobe, slippers, additional towels. Guests staying at the Hotel can additionally use the linen accessories included in the room package.

1.14. For the loss or damage of a towel / bathrobe / bracelet, a fee is charged according to the approved price list of the Hotel.

1.15. After the end of the stay in the Fitness Center, the Guest is obliged to pick up personal belongings, empty the locker and hand over the electronic key-bracelet to the reception.

1.16. Items forgotten in the Fitness Center are stored free of charge for 10 days. Information about them can be obtained at the reception of the Hotel. After 10 days, forgotten things are subject to destruction without subsequent payment of material compensation to the owner

1.17. Guests are required to leave the Fitness Center no later than 15 minutes before the end of working hours. In case of extending the time of using the services that goes beyond the opening hours of the Fitness Center, the Guest makes an additional payment at the rate of 100% of the cost of the entrance subscription.

1.18. A one-time subscription entitles you to a single visit to the Fitness Center during the working hours of the Fitness Center on the day of payment for the service. The duration of the service is limited to the opening hours of the Fitness Center. If the Guest leaves the territory of the Fitness Center, the service is considered rendered.

1.19. The total number of Guests staying at the Fitness Center at the same time is limited. Upon reaching the maximum possible number of Guests, the Administration has the right to refuse other Guests to visit the Fitness Center.

1.20. The administration reserves the right to unilaterally:

1.20.1. Restrict access to the Fitness Center or its individual areas during repair and / or maintenance work.

1.20.2. Change the operation mode of the Fitness Center or its individual areas and restrict Guests from using the Fitness Center equipment during repair and / or maintenance work.

1.20.3. Close the Fitness Center or its separate areas for the duration of their rental by third parties.

1.20.4. Change the opening hours of the Fitness Center. Information about changes in the opening hours of the Fitness Center is posted on the reception and on the Hotel's website, information stands of the Fitness Center.

1.21. At the slightest ailment or injury, the Guest should contact the Fitness Center Administrator.

1.22. For the safety of the Guests, the Fitness Center is under video surveillance (with the exception of personal hygiene rooms, changing rooms and shower rooms).

1.23. Guests are required to comply with the Fitness Center Administrator's requirements for maintaining safety standards, as well as maintaining order and cleanliness in the Fitness Center.

1.24. Professional photo and video filming is prohibited on the territory of the Fitness Center. The Hotel Administration has the exclusive right to publish photographic materials, broadcast videos shot in the Fitness Center.

1.25. The Guest has the right to refuse to visit the Fitness Center, subject to payment of expenses actually incurred by the Administration related to the fulfillment of obligations under this Agreement (Article 32 of the Law of the Russian Federation "On Protection of Consumer Rights" and Article 782 of the Civil Code of the Russian Federation).

1.26. In the event of unforeseen, emergency or emergency situations, the Guests are obliged to immediately leave the territory of the Fitness Center.

1.27. If it is impossible to provide services due to the occurrence of force majeure obligations, that is,

extraordinary and unavoidable circumstances under the given conditions (force majeure), which means: prohibited actions of the authorities, civil unrest, epidemics, blockade, embargo, earthquakes, floods, fires or other natural disasters, as well as unforeseen technical malfunctions of the hydraulic installation and water simulators (for which the Hotel Administration is not responsible), which led to the impossibility of their use, the cost for using the Fitness Center is not changed, and the payment for services made by the Guest is not refundable.

1.28. In case of violation of these Rules, the Administration has the right to refuse service to any Guest, with the obligation to return funds for services not rendered.

2. Fitness center takes over

2.1. Provide quality basic and additional services.

2.2. Take timely measures to prevent and regulate issues related to the insufficient level of quality of services provided.

2.3. Timely inform the Guests about changes in the structure of services provided under the contract, the conditions for their provision by posting information on the information stand, website or the reception of the Hotel.

2.4. Provide customers with a changing locker.

3. Use of changing rooms

3.1. Lockers in the locker room are used to store clothes, shoes and other personal items.

3.2. An electronic key bracelet for the locker is issued at the reception and is subject to mandatory return after the end of the use of the locker room.

3.3. In the locker room is not allowed:

- leave personal belongings outside the locker;
- leave your belongings in the lockers after the end of using the services of the Fitness Center.

3.4. At the end of the opening hours of the Fitness Center, all lockers in the locker rooms open. Things forgotten in the locker rooms and left in the lockers are removed and transferred to the safekeeping of the Hotel Administration. Items found on the territory of the Fitness Center are stored at the Hotel for 1 month. If the items are not claimed by the owner, the items are subject to disposal.

3.5. When visiting the toilets of the locker rooms, general sanitary and hygienic requirements must be observed.

4. Use of showers

4.1. The showers in the Fitness Center locker rooms are for light cleaning before and after class only. The maximum time spent in the shower should not exceed 5-7 min.

4.2. In showers it is forbidden:

- use in shower detergents in glass containers;
- to dye hair;
- use shaving accessories;
- carry out any procedures using products for deep skin cleansing, oils, etc.;
- wash shoes or wash clothes.

5. Use of the gym

5.1. Before starting classes, the Guest must familiarize himself with the safety rules for working on simulators and with free weights.

5.2. Visiting the gym without prior safety briefing by the Administrator of the Fitness Center is prohibited.

5.3. If during training a question arose on how to use a particular simulator, or any other question, the Guest should contact the Fitness Center Administrator.

5.4. Before starting any workout, in order to avoid injuries, it is necessary to conduct a warm-up that provides warming up of the ligaments and muscles before training.

5.5. When working with free weights, it is necessary to use locks and carefully check the strength of the threads on the dumbbells.

5.6. When unloading and preparing free weights, it is necessary to make sure that the projectile is in a stable position and take care of the necessary fixing of the barbells with the help of special devices on the racks.

5.7. It is forbidden to load training bars in excess of the limits established by technical standards.

5.8. To avoid accidents, before exercising, make sure that the exercise and the range of motion of the projectile will not cause any bodily injury or damage any equipment.

5.9. It is forbidden to throw free weights exceeding 30 kg. Exercises that involve setting heavy weights in amplitude must be performed in strictly designated places, which must be agreed with the Fitness Center Administrator.

5.10. It is forbidden to perform exercises associated with a risk to life without the insurance of the Fitness Center Administrator.

5.11. It is forbidden to distribute information on the territory of the gym related to training methods, which may lead to injuries in the Fitness Center.

5.12. Entrance to the gym is allowed only in closed sports shoes.

5.13. Guests are solely responsible for their training and nutrition practices.

5.14. The following is not allowed in the gym:

- exercise with a naked torso;
- move the simulators;
- lift the barbell without using locks;
- throw the barbell on the floor;
- throw dumbbells and hit them one against the other.

6. Use of the indoor pool

6.1. The depth of the pool bowl is 175 cm.

6.2. The water temperature in the pool is 25-28 C.

6.3. Before visiting the pool, the Guest must take a shower, collect his hair in a "bun" or use a swimming cap, and also use special replacement shoes.

6.4. For personal safety, it is not recommended to dive in the pool.

6.5. A guest who cannot swim must notify the Fitness Center Administrator about this.

7. Use of sauna and hammam

7.1. Entrance to the sauna is carried out strictly in bathing suits.

7.2. For a comfortable and safe stay in the sauna, you must wear a hat.

7.3. If you experience discomfort or deterioration of health, you must leave the territory of the sauna / hammam and contact the Administrator of the Fitness Center.

7.4. Recommended time spent in the sauna: 5-10 minutes.

7.5. It is necessary to take a shower before and after visiting the sauna.

7.6. Avoid contact with the surface of the electric furnace.

7.7. In the sauna is not allowed:

- pour water, essential oils on the heating elements of the sauna, as this can cause the sauna to fail;

- use brooms, fragrances, scrubs, masks, honey, coffee and similar substances that contribute to pollution of the premises and damage to equipment;
- dry linen, towels;
- cover the stove with foreign objects.

7.8. It is necessary to refrain from visiting the sauna / hammam in the following cases:

- high blood pressure (hypertension);
- feeling unwell (unsatisfactory state of health);
- pregnancy;
- acute diseases of infectious and other nature;
- diseases of the cardiovascular system;
- ischemic disease;
- all types of chronic diseases in the acute stage.

8. Visiting the Fitness Center with children

8.1. Guests under 10 years of age are allowed to enter the Fitness Center only if accompanied by an Instructor who has confirmed special education according to qualifications, training in relevant safety and labor protection programs, and the absence of medical contraindications. The instructor is fully responsible for compliance with the requirements of the legislation of the Russian Federation, safety precautions, as well as the approved Rules for visiting the Fitness Center, including full responsibility for the safety, life and health of the student.

8.2. Guests under 14 years of age are allowed to enter the Fitness Center only if accompanied by an Instructor, parents or their adult representatives and must be under their constant supervision, including in the locker rooms, swimming pool, gym, sauna and hammam. One adult Guest can accompany no more than 2 children.

8.3. Responsibility for the well-being, health and safety of minors on the territory of the Fitness Center is borne by: Instructor, parents or accompanying adult representatives of parents who independently determine the degree of risk and possible consequences.

8.4. If it is established that children under 14 years of age are on the territory of the Fitness Center without being accompanied by the Instructor, parents or adult representatives of the parents, the Administration has the right to refuse to visit the Fitness Center and take the child out of the territory of the Fitness Center.

9. Guests of the Fitness Center are prohibited from:

9.1. Located on the territory of the Fitness Center in the highest degree.

9.2. Is on the territory of the Fitness Center in a state of alcoholic or drug intoxication.

9.3. Consume alcoholic beverages in the Fitness Center. If the Guest has signs of alcohol and/or drug intoxication, the Fitness Center Administrator shall remove the Guest from visiting the Fitness Center and leave the territory of the Fitness Center.

9.4. Located on the territory of the Patient Assessment Fitness Center.

9.5. Be in the pool if you have swimming skills.

9.6. Run around the Fitness Center.

9.7. Give false distress signals, shout loudly.

9.8. Use premises intended for official use, as well as independently regulate any engineering and technical equipment.

9.9. Self-regulated temperature regime, air conditioning regime, lighting level, use of musical and other equipment of the Fitness Center.

9.10. You carry the equipment and property of the Fitness Center outside its territory.

- 9.11. Use and use sports equipment or inventory for the exceptional case of using this equipment in the Fitness Center and in agreement with the Administration of the Fitness Center.
- 9.12. Change the arrangement of sun loungers by the pool without the permission of the Fitness Center Administrator.
- 9.13. Things, including towels, left by the Guest who left the pool area are considered forgotten and transferred to the Pool Administrator.
- 9.14. Apply cosmetic products (including ointments, creams, sprays, honey, etc.) to the skin before using the pool, sauna or hammam.
- 9.15. Use showers for personal hygiene purposes (shave, wash and dry things, etc.).
- 9.16. Perform cosmetic procedures (manicure, pedicure, peeling, etc.) on the territory of the Fitness Center.
- 9.17. To be on the territory of the Fitness Center in underwear or other clothes not intended for outdoor activities, as well as without it.
- 9.18. Jump and dive into the water from the sides of the pool, hold underwater, perform acrobatic jumps.
- 9.19. Chewing gum while using the Fitness Center.
- 9.20. Bring firearms, gas, pneumatic, cold weapons, piercing and cutting objects, as well as explosive and flammable, toxic and strong-smelling substances into the territory of the Fitness Center.
- 9.21. Be outside the locker room on the territory of the Fitness Center with packages, bags, etc.
- 9.22. To be on the territory of the Fitness Center with open wounds, infectious, skin and other types of diseases and their signs, as well as in the presence of medical dressings (gypsum, splint) and adhesive plasters. The administration has the right to remove from the territory the Guests who violate this rule without refunding the payment for the visit.
- 9.23. To be in the pool with loose hair.
- 9.24. Smoking (including electronic cigarettes and hookah) in the Fitness Center.
- 9.25. Bring food and drinks to the territory of the Fitness Center without the permission of the Administrator of the Fitness Center.
- 9.26. To be on the territory of the Fitness Center with animals, birds, etc.
- 9.27. When using the pool, use any swimming aids, inflatable mattresses and toys, with the exception of children's circles, armbands and vests.
- 9.28. Damage inventory, equipment and property of the Fitness Center.
- 9.29. Bring any glass products (including glassware), as well as soap, shampoos, lotions and other cosmetics in glass containers to the Fitness Center.
- 9.30. Create conflict situations, use foul language, offensive language and hooligan actions against other persons.
- 9.31. Post ads, any promotional materials, conduct surveys and distribute goods on the territory of the Fitness Center without the written permission of the Hotel Administration.

10. A responsibility

10.1. The fitness center is not responsible for the state of health and possible injuries of the Guest in the following cases:

- If the Guest violates the rules for visiting specific areas of the Fitness Center.
- If the Guest trains on their own.
- If the Guest has not complied with the requirements of the introductory briefing.
- For injuries received outside the territory of the Fitness Center.
- For injuries resulting from illegal actions of third parties.
- For injuries sustained through the fault of the Guest himself on the territory of the Fitness Center.
- If the guest's injury was not registered by a doctor of a medical institution.

10.2. In case of loss or damage to the property of the Fitness Center, the Guest is obliged to compensate for the damage caused, as well as be liable for other violations committed by him in accordance with the Hotel Rules and the current legislation of the Russian Federation. When the Guest causes material damage, the Administrator of the Fitness Center draws up a bilateral act. If the Guest refuses to sign the act, the Administrator signs it unilaterally with a note about the Guest's refusal to sign.

10.3. In the event that, due to the fault of the Guest or his minor children, the Administration is forced to make a partial or complete change of water in the pool bowl, the Guest is obliged to pay the cost of these works, according to the approved price list of the Hotel.

10.4. The Hotel Administration is not responsible for the loss or damage to the Guest's property on the territory of the Fitness Center, including if such loss or damage occurred in the dressing room area, except in cases where an employee of the Fitness Center is to blame for such loss or damage, and the fault such employee is established by a court decision that has entered into legal force.

10.5. Failure to comply with the Rules for visiting the Fitness Center or causing disturbance and any damage to other Guests or their property is the basis for the removal of the Guest from the territory of the Fitness Center, without refunding the payment for the visit.

10.6. In case of repeated (two or more) violations by the Guest of the provisions of these Rules, the Hotel Administration has the right to refuse such a Guest to visit the Fitness Center.

10.7. The Administration of the Fitness Center is not responsible for the harm caused to health and any damage received by the Guest as a result of non-fulfillment or improper fulfillment of these Rules.