

BEST FIT FITNESS CLUB INTERNAL PROCEDURE RULES (SHORTENED VERSION)

1. Services offered by BEST FIT Fitness Club are available to all our guests. All visitors must comply with internal regulations, as well as national hygiene and anti-epidemiological measures and requirements during the visit to the club.
2. The club has the right to change the club's working hours, price list, agenda, as well as other things related to the club.
3. For the purposes of providing services and security, the club is entitled to store personal data (name, surname, telephone number, personal identification code, etc., if necessary) of the club visitors for personal identification as well as better and safer provision of the service.
4. **All club visitors must observe cleanliness, order and politeness.** While in the club peace and comfort of other visitors must be respected. It is forbidden to behave loudly, shout, curse, as well as interfere in the exercises of other visitors.
5. It is the duty of the club visitor to treat the club's property and equipment properly and with care for the intended purposes. **Visitors are strictly forbidden to throw sports equipment (dumbbells, weight bars and its discs) on the floor, as well as to uncontrollably release handles or platforms after finishing the exercise, to drop weights after exercise, and to use exercise equipment in a way that is not intended by the manufacturer.** In case of intentional damage to equipment, inventory or premises, the club administration is entitled to demand compensation from the visitor in the amount of the purchase of equivalent equipment or repair costs.
6. **Each club visitor is responsible for their own health and training at the club.** If you have any health problems, it is recommended that you contact your doctor. It is the visitor's responsibility to report any injuries or injuries to the coach or the nearest club staff as soon as they occur. The club is not responsible for injuries or health problems caused by improper use of equipment, performing exercises without following the technique, using excessive weight, or performing exercises of inadequate intensity or load.
7. In the BEST FIT Fitness Club services, including training and counselling, may be provided only by persons approved by the club administration. The club visitor is not entitled to offer any of the above services to other club members without the written permission of BEST FIT Fitness Club. In case the visitor provides coaching services to other persons, the club administration has the right to unilaterally terminate the subscription and prohibit the client from visiting the club.
8. The club subscription card is individual and it is forbidden to transfer it to another person. In case the subscription card is used by another person, the club is entitled to confiscate this card or request a person without a subscription card to pay a one-time visit fee in each case of violation, according to the price list.
9. An employee of the administration is entitled to ask the visitor of the club to present an identity document, as well as, if necessary, a health certificate. In this case, the visitor is obliged to present valid documents mentioned above.
10. The club visitor must immediately notify the club administration if the subscription card is lost. A new card will be issued for a fee specified in the price list.
11. Club visitors are issued an electronic bracelet to activate the locker lock, which must be returned to the receptionist after training, when leaving the club premises. If the locker bracelet is damaged or lost, the visitor is charged a compensation fee according to the price list.
12. **For reasons of safety and hygiene, the visitor is obliged to use clothing and footwear suitable for sports activities on the club premises. It is not allowed to do sports in sandals, slippers or other non-sports shoes, or to be in the gym barefoot. It is forbidden to be shirtless in the gym or group classroom or with a bare top, so as not to cause discomfort to other visitors to the club.** For safety reasons, it is recommended to use slippers in the shower room and wardrobe. **Only changing shoes and clothing which are not used outdoors are allowed on the club premises for sports activities.**

13. In the club it is strictly forbidden to smoke, use alcoholic beverages and be under the influence of intoxicating substances or substances prohibited in Latvia. The club administration has the right to refuse to provide the service in case of the above circumstances.
14. It is prohibited to eat brought-in food in the premises of the sports club.
15. It is recommended to use a towel during the visit to the gym, applying it on the exercise surface before the exercise. If a towel is not used, the visitor is obliged to clean the contact surfaces with a cloth and disinfectant after completing the exercise.
16. **In order to maintain order in the club, the visitor of the club is obliged to place the sports equipment back in the place provided for it after use.** All training equipment should be cleaned with a suitable disinfectant and wipes after use.
17. If theft by a club visitor or guest is established, the prohibition to visit the club for life is immediately effective and money for the paid period is not returned. The club has the right to claim compensation for losses incurred as a result of theft.
18. Lockers in locker rooms are intended for use only during club hours, during class attendance. It is forbidden to leave personal belongings in the locker outside of class hours or outside club hours. All items in the locker after the end of the club's working hours are considered abandoned. The club ensures that all lockers are vacated every day after the end of the club's working hours.
19. **The visitor must leave the club premises before it is closed.**
20. It is recommended not to use mobile phones during classes.
21. **It is prohibited to shave, dye hair, dry and wash laundry and perform other inappropriate activities in the premises of a sports club.**
22. In case of violation of the rules or rude behaviour, the staff has the right to ask the visitor to leave the club premises. In case of non-compliance, the club staff has the right to call the security guards, as well as block the subscription card for a certain period of time, or unilaterally terminate the card. In the above case, the money for the subscription or one-time visit will not be refunded. The club has the right to claim full compensation for the damage caused.
23. **The “no limit” (“Bezlimits”) membership provides an opportunity to visit BEST FIT only once a day.**
24. **The day time membership "8 workouts" provides the opportunity to visit BEST Fit until 2:00 p.m. (14:00). The visitor must leave the club before 14:00. In case the time spent in the club is exceeded, the visitor must pay extra 5.00 EUR per visit.**
25. The club is not responsible for customers' personal belongings. The club is not responsible for illnesses or accidents caused by the client's own actions or force majeure.