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## HOUSE REGULATIONS

### Entrance to the fitness area

- A valid sport pass with fitness surcharge is required.
- We strongly advise you to follow instruction of the fitness instructor.
- 'Open training' is possible during opening hours.

### Use of the fitness area

- Sports clothing and indoor shoes required (no flip flops)!
- To bring your own towel and the use of it on the exercise machines is obligatory for hygienic reasons.
- Bags are not allowed in the fitness area. For the safety of your belongings you can place them in the free lockers.
- Food and drinks, other than in sports bottles (!) are not allowed in the fitness area.
- After workout, you must place the weights, dumbbells etc. back in their place = empty bars after your last set (!).
- The cardio-equipment has to be cleaned after workout.
- In case of equipment-misuse, the sports pass may be seized.

### Responsibility

- Any damage to fitness area or equipment, including accidents and injuries have to be reported immediately to the fitness instructor. Blamable damage will be taken out on the initiator.
- Use of fitness area and equipment is at your own risk. EUR or Erasmus Sport are not liable.