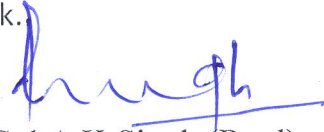


2. Area Open for Use. Only the Gym Section. The Wet Section including the Steam and Sauna along with the Massage will remain closed.
3. Gym Open To. Only Members. Guests not permitted.
4. Charges. Rs 85/= including GST, per visit.
5. Mode of Payment. Club's Smart Card, Bank Debit / Credit Card.
6. Procedure for Availing of the Facility.
 - (a) On booking of time slot, atleast 24 hours in advance and booking being confirmed. For bookings contact Shri Francis on 9007005921 for Pre Lunch Sessions and Shri Sanjay Singh on 8240703679 for Post Lunch Sessions.
 - (b) One time booking for consecutive days/ time slot not permitted.
 - (c) Not more than three bookings in the Afternoon / Evening, per week permitted.
7. Service Which Will Not Be Available. Towels, exercise mats and refreshment drinks.
8. Protocols
 - (a) Body Temperature will be taken and recorded before entering the Gym.
 - (b) Not more than 04 (four) Members permitted in each time slot.
 - (c) On arrival, change of clothing, except foot wear to be done in the Gents / Ladies Changing Room. Only footwear can be changed in the HP.
 - (d) Air-conditioning may be switched on but the temperature should not be below 24⁰ C.
 - (e) Minimum inter personal 6 feet distance to be maintained.
 - (f) No physical contact to be made.
 - (g) Only designated machines, equipment, apparatus or stores to be used.
 - (h) Do sanitise your hands each time you use any training aid.
 - (i) Members to carry their own towels, exercise mats and water bottles.
 - (j) Use of visor / face shield mandatory while inside the Gym.
 - (k) Members with medically unsafe conditions are not permitted.
 - (l) Members living in 'Containment Zones' are not permitted.
 - (m) Members to vacate the Gym immediately on completion of their time slot.

Visit to the Club, or any of its facilities is at your own risk.

04 October 2020


Col A K Singh (Retd)
Secretary