

Fitness Centre Rules & Regulation

1. Open daily from 7 am until 8 pm.
2. Fitness centre is for in-house guests and members only.
3. Children under 12 years old are not allowed to use the Gym equipment.
4. Children between 12 to 16 years old must be accompanied by an adult and filling in the disclaimer form signed by parent or guardian.
5. Food, gum, smoking, alcohol, and drugs are not permitted.
6. Water or fitness drinks in plastic containers with lids are the only substances allowed on the fitness floor and gym.
7. Guest is responsible for knowing his/her own physical limitations and use the facilities without danger to self or others.
8. Guest dress code: appropriate athletic or sports clothing, socks and covered footwear must be worn at all time.
9. Lockers and showers are provided for your convenience. For locker key and towels, please contact the duty attendant.
10. Changing of clothes is only allowed in the locker rooms.
11. Cell phone or any other message receiving devices are not permitted in the exercise area. Please limit cell phone use for music only. For your safety, DO NOT talk or text on your phone in the Fitness Centre.
12. Radios, tapes, CD players, i-pods, etc are not allowed unless they are personal units equipped with headphones and secured to the user's body.
13. Dumbbells should not be dropped, stood on, or leaned against the walls, glass or equipment.
14. Photography and video are strictly prohibited in the Fitness and Wellness Centre without approval from the management.
15. While reasonable safety precautions have been taken in relation to the use of the gym, please note that you use the fitness centre and the equipment provided at your own risk.
16. Maya Sanur Resort and Spa shall not be liable for the loss or damage to property, or personal injury, or death, however arising from your use of the Fitness Centre.