

**WTC Fitness club  
ATTENDANCE RULES**

**1. General Provisions**

- 1.1. These Rules for attending the fitness club WTC Fitness LLC (hereinafter referred to as the Rules and the Club) are mandatory for all Club Members. Guests visiting the Club on one-time visit basis are also considered Members of the Club for the duration of their stay in the Club and shall also observe these Rules.
- 1.2. These Rules and their updates are posted on the Club's notice board and website [www.wtcfitness.ru](http://www.wtcfitness.ru) (hereinafter referred to as the Club's website).
- 1.3. These Rules govern relations between Club Members and the Club (its Management).
- 1.4. A person who has reached the age of 16 (sixteen) can become a member of the Club. The procedure for visiting the Club by minors aged 5 to 16 years is regulated by subsection 12 of the Rules *Special conditions and features of the provision of services to minors aged 5 to 16 years*.
- 1.5. Club Members shall read and understand these Rules before using the services, independently monitor and consult changes to these Rules, and comply with the terms of the Agreement for the provision of fitness and sports services (if they sign it).
- 1.6. By signing the agreement on the provision of fitness and sports services (hereinafter referred to as the Agreement), Club Members confirm that they agree with the Rules for attending the Club and shall observe them.
- 1.7. The Club has the right to unilaterally supplement and amend these Rules. Changes to the Rules come into force after 5 (five) calendar days from the date of posting them for general knowledge latter on notice board and on the Club's website.
- 1.8. The club belongs to a non-public private club system.

**2. Club working hours and conditions**

- 2.1. The club is open to visitors daily throughout the calendar year, in the established opening hours and subject to technical breaks.
- 2.2. Club working hours:
  - weekdays: from 7:00 to 23:00 (entrance to the Club until 22:30, exit from the Club is no later than 23:00)
  - weekends and holidays: from 9:00 to 21:00 (entrance to the Club until 20:30, exit from the Club no later than 21:00).Opening hours of the Club sales department:
  - weekdays from 9:00 to 21:00, weekends and holidays: from 9:00 to 21:00.
- 2.3. The club has the right to change its working hours and conditions.
- 2.4. Information about changes in working hours and conditions of the Club's work is posted on the Club's notice board and website.
- 2.5. The number of technical breaks in the operation of the Club and/or of its individual premises and areas, as well as their duration are determined in accordance with sanitary rules and regulations, and standards of technical operation.
- 2.6. When holding club events, the Club has the right to limit the area intended for fitness training, and to close its premises for the duration of special events and/or repair work, about which Club Members shall be informed in advance by posting relevant information in the Club's notice board and on the Club's website at least 24 hours prior to these events.
- 2.7. The Club has the right to completely or partially terminate the provision of services to Club Members if it is needed to maintain the equipment and premises in proper condition, for a period not exceeding 7 (seven) days.
- 2.8. In order to ensure personal and public safety and security of Club Members' property, video filming and video surveillance are performed in the Club building and on the territory adjacent to the building.
- 2.9. Unauthorized trade, placement of announcements and promotional materials, surveys and other private or commercial activities are prohibited on the Club's territory.

**3. Club service terms and conditions**

- 3.1. A club card issued on presenting a passport and after signing the Club Membership agreement is a pass to the Club and a document confirming membership. The terms of the card validity are determined by the Agreement.
- 3.2. The Club membership is personal and cannot be transferred or used by another person without reissuing a club card in accordance with the terms of the Agreement, if the person who signed it is no more able to use the services provided by the Club.
- 3.3. To reissue a club card, the Club Member must submit a written application to the Club Management and pay the costs of reissuing and processing the club card. A club card may be reissued once during its validity period. The old club card ceases to be valid from the moment of reissuance.
- 3.4. If the Club Management finds that a member transferred his/her Club Card to another person unauthorized by the Club without re-issuance of the Agreement, the Club Management has the right to unilaterally withdraw the card and cancel it.
- 3.5. To ensure the safety of the Club Members and identify visitors, the Club Member shall be photographed at the reception when visiting the Club for the first time, otherwise the Club has the right to terminate the Agreement and stop admitting the Club Member to classes.
- 3.6. When visiting the Club, the Club Member shall present the club card at the request of the Club's employees. In case of temporary absence (replacement/loss) of the club card, members are admitted to the Club on a temporary pass. In exceptional cases, in the absence of a club card, Club members are admitted on presenting their identity documents. In any case, the Club Member shall present the club card and/or bracelet to the Club employees at their first request.
- 3.7. A Club Member receives a bracelet and a towel in exchange for the club card at the Club reception.
- 3.8. The Club Member has the right to use individual safe deposit boxes located in the Club reception area. When using the boxes, the Club Member is given a key, which is kept at the Club reception during classes and returned to the Club Member on request.
- 3.9. In case of loss (or damage) of the club card, bracelet, towel or other equipment provided by the Club during the classes, the Club Member shall pay a fine established by the Club, and reimburse the amount of damage incurred by the Club.
- 3.10. During the Club Member's stay in the Club, his/her personal belongings must be kept in locker rooms.
- 3.11. The club disclaims all responsibility for the safety of personal belongings left in locker rooms and training rooms.
- 3.12. The Club Member should not bring large-sized personal items exceeding the dimensions of a locker in the Club's locker room.
- 3.13. The Club Member shall observe cleanliness and order in all the Club's premises that he/she uses before, during and after training, observe the rules of common hygiene and the rules for using and visiting certain premises in the Club.
- 3.14. To observe the rules of common hygiene, the Club Member is recommended to use the device for putting on shoe covers, or change shoes at the entrance to the Club.  
The Club Management has the right not to admit the Club Member to classes if he/she wears street shoes.  
Outerwear may be worn only in the reception area and changing rooms. It is recommended to leave outerwear in the cloakroom located in the Club reception area.
- 3.15. Strong fragrances may not be worn during and before classes in the Club.
- 3.16. The Club Member shall observe and maintain public order and generally accepted standards of behavior during his/her stay in the Club, behave respectfully towards other Members of the Club, the Club personnel, and not do anything that would represent a danger to others. It is forbidden to cause inconvenience to other Club Members, disturb cleanliness and order, or use bad language.

- If a Club Member's actions pose a threat to his/her own life and health, and to other people's health, or contradict generally accepted moral or ethical standards, the Club Management has the right to suspend the Club Member from training (staying in the Club).
- 3.17. All premises and territory of the Club are non-smoking areas.
  - 3.18. Club Members are not admitted to the Club if they are under influence of alcohol or drugs (including obvious residual effects of such intoxication), and shall not bring and/or consume alcoholic and low-alcohol drinks, including beer, on the Club's territory. If a Club Member has signs of intoxication or its residual effects, the Club Management has the right to take measures, suspending the Club Member from training (staying in the Club).
  - 3.19. Non-alcoholic drinks in plastic bottles may be consumed in the Club.
  - 3.20. Members of the Club shall not bring and/or eat food on the territory of the Club.
  - 3.21. It is strictly forbidden to bring any types of firearms, gas spray guns and/or edged weapons into the Club territory.
  - 3.22. It is forbidden to bring explosive, flammable, toxic and/or strong-smelling substances into the Club.
  - 3.23. A Club Member shall observe the Club's working hours, attend the Club in its working hours, observe the time of entry and exit from the Club in accordance with clause 2.2 of the Rules.
  - 3.24. A Club Member shall attend classes and train in the Club in sportswear and footwear appropriate for the chosen type of class or workout (in the gym, in the group exercise room).
  - 3.25. It is forbidden to exercise in clothes with conspicuous national or religious symbols.
  - 3.26. It is forbidden to attend classes and training bare-chested.
  - 3.27. It is forbidden to use studded shoes or shoes with heels over 2 cm for classes.
  - 3.28. Changing into sportswear is allowed only in the Club's locker rooms.
  - 3.29. All Club Members are strongly advised to have a health checkup before using Club's services, and check up their health condition regularly. The Club Member shall inform the Club in writing about the existence/appearance of conditions or documented health contraindications that may make the services provided under this Agreement unsafe for the Club Member/Guest's health. If the Club Member feels unwell during the classes (training), he/she shall immediately stop the classes (training) and request the Club personnel to call a doctor (ambulance) and provide first aid. If the Club Member feels unwell at the moment when there is no Club employee in direct access, he/she should ask any person nearby to provide assistance and/or invite a Club employee. To speed up the medical assistance, the Club Member is recommended to independently call an ambulance and inform the Club employees about the call. The Club disclaims all liability for possible health harm caused to a Club Member during training. When attending the Club, a Club Member is recommended to have a medical certificate confirming that he/she has no contraindications to participating in exercise, fitness and recreational activities, and present it at the request of a Club employee. In the absence of a permissive medical certificate, the Club reserves the right to suspend the Club Member from using the Club's services. At the request of a Club employee, the Club Member shall present a standard medical certificate permitting to attend the swimming pool and/or participate in exercise, fitness and recreation activities held in the pool.
  - 3.30. By starting to use the Club's services, the Club Member declares that he/she has no health contraindications to use of the Club's services, including those listed in Appendix 1 to these Rules. If the Club Member starts using the Club's services without obtaining a medical opinion, he/she bears all the risks of negative consequences.
  - 3.31. A Club Member has the right to use the services of Club instructors only. If a Club Member personally hires a Club instructor or external instructor during his visit to the Club without paying to the Club pay-office, it is a major breach of the Club's rules; in this case, the Club may unilaterally terminate the Club Member Agreement without reimbursing the cost of services that will not be provided to the Club Member as of the date of termination.
  - 3.32. Club Members shall not provide independent personal training services to other Club Members.
  - 3.33. The Club Member shall not enter and stay at the Club's territory with domestic and/or wild animals, birds and/or reptiles.
  - 3.34. The Club Member shall not make film, video and photography in the Club's premises without prior written permission from the Club Management.
  - 3.35. The Club Member shall not use the Club's musical and other technical equipment (including remote controls in the bathing zone) without the Club Management's permission.
  - 3.36. The Club Member shall not enter the Club premises intended for personnel, except on a special invitation.
  - 3.37. A Club Member can use the car parking on the territory of the World Trade Center during his/her visit to the Club. Parking conditions are determined by WTC PJSC. In case of late payment for parking, the Club Management has the right to block the card until the debt is paid fully.
  - 3.38. The Club disclaims responsibility for the safety of the Club Member's car parked in the World Trade Center's parking or the adjacent territory, and for the safety of personal belongings in it.
  - 3.39. Before leaving the Club, the Club Member shall collect his/her personal belongings from the locker in the locker room, return the bracelet to the Club reception desk and collect his/her club card in exchange.
  - 3.40. The Club Member has the right to send his/her comments, suggestions and recommendations on the provided services and other issues to the Club Management.
  - 3.41. If a Club Member repeatedly (twice or more) breaks these rules, the Club Management has the right to prohibit him/her from attending the Club.
  - 3.42. The scope of exercise and training services provided by the Club may be reduced for persons with disabilities due to their condition.
  - 3.43. Club members shall comply with the following requirements:
    - receive an introductory briefing (individually or in group) before the initial visit to the Club;
    - be attentive and move carefully in the locker rooms, showers and other premises of the Club, always using special clean, safe and slip-proof indoor shoes;
    - take care of their health, exercise due care and caution during the stay in the Club;
    - in case of pregnancy, the Club Member shall notify the Club and provide a certificate from an antenatal clinic allowing attendance at classes in the Club and use of the Club services;
    - during pregnancy, attend exercise and fitness activities only on the advice of a healthcare specialist. A Club employee may prohibit the Club Member from participating in an activity that is contraindicated for pregnant women;
 - visit the sauna rooms and the steam bath in presence of at least one more Club visitor or a person accompanying him/her, so that timely assistance may be provided in case of feeling unwell.
 

The Club Member shall not:

    - attend the Club if his/her health, state, chronic or acute conditions prevent him/her from normal use of services so that there is a risk of health harm;
    - visit saunas and steam baths in case of health contraindications;
    - use any Club services in case of poor health, in an acute condition and/or an exacerbation of a chronic condition;
    - during pregnancy, the Club Member shall not attend sports, fitness and/or other activities that are not intended for pregnant women, in particular, jumping, running, swinging (including in swimming); deep and rapid squats; bending; active stretching and back bending; various twists and bends and other exercises that can harm a pregnant woman's health.
  - 3.44. The Club Member shall comply with the recommendations of the Club's employees, recommendations and/or prohibitions/restrictions posted on information boards and/or warning signs and/or prohibition signs placed in the Club's premises and/or on exercise equipment.
  - 3.45. The Club Member shall not remove, change, block, or move warnings, information signs, prohibition and/or other signs posted by the Club Management, ignore these Rules, requirements and/or recommendations of the Club employees as to the use of the Services, prohibitions and/or warnings posted in the Club as instructions, signs, boards, announcements, etc.
  - 3.46. The Club disclaims all liability for harm caused to the life and/or health of the Club Member as a result of:
    - the Club Member providing the Club with inaccurate information about his/her health condition;
    - the Club Member's acute or chronic illness;

- the Club Member's negligence;
  - the Club Member exercising by his/her own program, not agreed with a Club employee;
  - the Club Member not observing the Rules and/or safety regulations and/or personal hygiene when using the services, and/or not following recommendations of the Club employees, recommendations posted on information boards and/or warning signs, prohibition signs or notices in the Club's premises and/or near sports equipment;
  - actions of third parties;
  - other cases covered by the Agreement or the legislation of the Russian Federation.
- 3.46. The Club Member bears the risk of adverse consequences in case of non-compliance with the Rules, including the requirements and/or recommendations of the Club employees regarding the provision of services, requirements and/or warnings posted in the Club in the form of instructions, plates, boards, announcements, etc. regarding the Club services.
- 3.47. If the Club Member does not observe these Rules, the Club reserves the right to refuse to provide the Services due to the Club Member's refusal to comply with the Rules, and with the requirements and warnings posted on information boards in the Club's premises, instructions and recommendations of the Club's employees.
- 3.48. If the Club receives information, including documented evidence, about a Club Member having (developing) contraindications to the use of the Club's services, including those mentioned in Appendix 1 to these Rules, the Club reserves the right to refuse to provide services or certain type of classes to the Club Member.

#### **Club premises use and attendance rules**

##### **4. Locker rooms use rules**

- 4.1. Lockers in the locker rooms are used to store clothes, shoes and other personal belongings of Club Members.
- 4.2. The Club Member receives the key to the locker at the reception in exchange for his/her club card and shall return it after the end of classes and of using the locker room.
- 4.3. In the dressing room, the Club member shall not:
- leave his/her things outside the locker;
  - leave his/her things in the locker after the end of classes;
  - drink any alcoholic beverages, or eat food.
- 4.4. At the end of the Club working hours, all lockers in the locker rooms are opened.
- 4.5. Items forgotten in the locker rooms and/or left in the lockers are handed over to the Club Management for safekeeping. All items found on the Club territory are stored in the Club for 1 (one) month. If the items are not claimed by the owner within this period of time, they are subject to disposal.
- 4.6. When using the bathrooms in the locker rooms, general sanitary and hygienic requirements shall be observed.

##### **5. Showers attendance rules**

- 5.1. Showers in the Club are designed for taking a shower before and after classes.
- 5.2. During peak hours, Club Members shall observe order and not use shower for too long.
- 5.3. Club members shall not bring shampoos and/or shower gels in glass bottles into the showers to avoid cuts if they break.
- 5.4. Club members shall not leave their cleaning products in the shower after using it.

##### **6. Gym attendance rules**

- 6.1. Before starting to exercise in the gym, the Club Member is recommended to get introductory personal training with an instructor that is included in the club card.
- 6.2. If you have any questions about the use a particular exercise machine, or any other questions, contact the on-duty gym instructor.
- 6.3. The Club Member shall observe safety precautions and rules for the operation of exercise machines.
- 6.4. Exercises with maximum weights in the gym may be performed strictly in the presence and under the supervision of a personal instructor.
- 6.5. In accordance with ethical rules and out of respect for other people, Club Members shall refrain from loud noises and from use of bad language when performing exercises.
- 6.6. When exercising, switch communication devices to silent mode.
- 6.7. After finishing the exercise session, put the equipment away to specially designated storage areas.
- 6.8. For safety reasons, when in the gym, Club Members shall not:
- wear shoes that are not intended for training (including slippers, high-heeled shoes, open shoes (including rubber flipflops) and barefoot), as well as shoes that can destroy special floor coverings, change their properties, or leave traces;
  - exercise bare-chested;
  - move exercise machines and any other inventory or equipment in the gym;
  - lift the barbell without using locks;
  - intrude into personal space of other Club Members exercising in the gym;
  - bring bags and/or other personal belongings into the gym;
  - throw barbells, discs, dumbbells and other equipment on the floor;
  - carry and drink drinks in glass bottles.
- 6.9. For damage to the Club's furniture, equipment and inventory, the guilty parties will be charged the cost of the damage caused.
- 6.10. In case of breaking the rules for visiting the gym area, the instructor may ask the offender to leave the area.

##### **7. Rules for exercising or visiting the group exercise room and the boxing room**

- 7.1. The Club recommends that the Club Member attends a special introductory briefing session with a Club employee before attending group exercise and fitness classes conducted by him/her.
- 7.2. The group exercise hall is designed for various group exercise classes.
- 7.3. The boxing room is designed for both individual and group classes.
- 7.4. Group classes are scheduled. The Club Management can make changes to the current schedule in advance and replace the instructor in case of illness, vacation, dismissal and other circumstances. The schedule of group classes is posted on the notice board and the Club's website.
- 7.5. Club members shall arrive to classes on time and not be late. If a Club Member is late by more than 10 minutes, and/or is unfit for the lesson, the instructor may prohibit the Club Member from attending the lesson.
- 7.6. To avoid injury when drinking water during exercise, it is recommended to place a glass of water on even surface. If carrying a glass of water, move carefully. Spilled water must be immediately reported to the Club personnel.
- 7.7. When in the group exercise room and in the boxing room, members shall not:
- wear shoes that can destroy special floor coverings, change their properties, or leave traces. Special classes (yoga, pilates, oriental practices and martial arts) are practiced barefoot;
  - use their own choreography and/or sports equipment without the instructor's recommendation;
  - use personal audio and video devices during classes;
  - use mobile communication devices;
  - use strong fragrances.
- 7.8. After the end of group classes and individual classes in the rooms, all items and sports equipment used during classes shall be returned to specially designated storage areas.
- 7.9. For damage to furniture, equipment, or inventory, the perpetrators shall be charged the cost of the damage caused.
- 7.10. A club member may independently exercise in group classes rooms (using the additional equipment in the room) in the time when there are no group programs or personal training classes.

- 7.11. In case of breaking the rules for attending group rooms and boxing room, the instructor and/or coach may ask the guilty person to leave the area.

## **8. Personal training rules**

- 8.1. Personal training is an additional service, not included in the cost of the club card and paid separately at the Club reception before the training, in accordance with the approved price list of the Club.
- 8.2. Personal training is provided only by a personal trainer of the Club.
- 8.3. A personal training session lasts 60 minutes;
- 8.4. Club Members register for personal training in advance, in agreement with the trainer.
- 8.5. If a Club Member is late for a personal training session, its duration is reduced by the time of delay.
- 8.6. The period of personal training session may be extended by the time of delay only with the consent of the trainer, if he/she has time available before the next personal training session.
- 8.7. A personal training session may be canceled or rescheduled (with possibility of using the payment for a future session) at least 12 hours before its start.
- 8.8. The personal trainer and the Administrator at the Club reception must be informed about the cancellation or postponement of a personal training session.
- 8.9. If a personal training session is missed, untimely canceled or rescheduled, the unused training session is considered used. Personal training sessions missed by a Club Member are not compensated; the payment is not refundable.
- 8.10. The Club Management reserves the right to replace a personal trainer in case of illness, vacation or dismissal.

## **9. Swimming pool attendance rules**

- 9.1. Pool depth: from 1.4 m to 2.0 m.
- 9.2. Before first attending the pool, the Club Member is recommended to take an introductory personal training session with the pool instructor that is included in the club card.
- 9.3. Before attending the pool, the Club Member shall take a shower. It is not recommended to use any creams and/or ointments.
- 9.4. Club Members shall wear swimming gear on the territory of the pool (sports swimsuit / swimming trunks, swimming cap, rubber flipflops, watersport goggles if desired).
- 9.5. On the territory of the swimming pool, Club Members shall not:
- attend the pool area in clothes and/or shoes not intended for watersports;
  - to avoid injury, never run on the tiled surfaces of the areas adjacent to the pool or dive into the water from the sides. Diving from the side is possible with permission and under supervision of a pool instructor on duty, only in specially designated areas of the pool;
  - attend the pool with open wounds, injuries, fungal and/or other skin infections;
  - use the equipment and inventory located in the pool for purposes other than intended;
  - bring bags, food, mobile communication devices into the pool area;
  - chew gum while swimming;
  - hang, sit or stand on lane dividers;
  - break the rules of water traffic (swimmers move counterclockwise, i.e. swim along the right side of the track, to overtake other swimmers on the left side).
- 9.6. Group classes in water aerobics are held in the pool according to the established schedule. Information about the schedule of water aerobics classes is posted on the notice board and on the Club's website. The schedule can be changed in advance by the Club Management. Members shall be on time for classes and not be late. Being late for a class by more than 10 minutes (after a warm-up) may endanger the Club Member's health, and the instructor may deny access to this class to the Club Member.
- 9.7. During group classes, sports competitions, demonstration performances or show programs, the Club management reserves the right to limit the area for free swimming.
- 9.8. For damage to furniture, equipment and/or inventory of the pool area, the perpetrators will be charged the cost of the damage.
- 9.9. If a Club Member breaks the rules for visiting the pool area, a coach or a pool instructor on duty may ask him/her to leave the pool area.
- 9.10. The Club recommends that the Club visitors, for safety reasons, enter the water by going down the stairs specially provided, turning their backs to the water. While swimming, do not stop in the swimming lane, except for the moment of completing the distance in the turn area at the end wall. Move to a safe place in the swim lane turn zone, facing other swimmers to prevent a possible collision, and keep a check on the duration of your and/or your child's stay in the pool.
- 9.11. In case of lack of swimming skills and/or in case feeling insecure in the water, the Club visitor shall notify the Club employee on duty and enter the water only with the use of means that ensure his/her remaining afloat (swimming boards, armlets, etc.).
- 9.12. To avoid injury, collision, heavy splashing, etc. while swimming in the pool, including when using the equipment, the Club Member shall keep a distance, not interfere with other Club Members swimming and be attentive to those who are in close proximity.

## **10. Finnish sauna attendance rules**

- 10.1. Before using the Finnish sauna, take a shower and remove jewelry;
- 10.2. For personal hygiene purposes, when using the sauna, it is recommended to bring a towel for spreading on the wooden benches;
- 10.3. To prevent injuries, asthma attacks, allergic reactions, and to observe the rules of general hygiene, when visiting a Finnish sauna, Club Members shall not:
- wear shoes, including rubber flipflops. Leave the shoes at the sauna entrance;
  - use creams, peeling products, scrubs, essential oils, honey, coffee, fragrances and other cosmetics, bring whisks and/or other items that may leave litter and/or damage the sauna equipment;
  - use the sauna in case of open wounds, injuries, fungal and/or other skin infections;
  - touch the surfaces of the oven stones and equipment installed in the sauna;
  - eat and drink;
  - dry clothes and/or towels;
  - independently regulate the temperature regime in the sauna, turn on and off the heating equipment and other devices in the sauna; pour water, aromatic and essential oils, and/or other substances onto the oven and walls of the sauna;
  - bring in and/or use mobile and other electronic devices, and/or printed publications in the sauna room.
- 10.4. Club Members with increased or decreased skin sensitivity, including to high temperatures, and/or with health contraindications should not use the sauna.
- 10.5. If a Club Member feels unwell in the sauna, he/she shall immediately leave the sauna room and contact the Club personnel.

## **11. Turkish steam room attendance rules**

- 11.1. Before and after using the Turkish steam room, the Club Member shall take a shower;
- 11.2. When using the Turkish steam room, the Club Members shall wear swimming gear and/or rubber flipflops;
- 11.3. To prevent injuries, asthma attacks, allergic reactions and to observe the rules of general hygiene when visiting a Turkish bath, the Club Member shall not:
- use strong fragrances;
  - use cosmetics (creams, peeling products, scrubs, essential oils, honey, coffee, fragrances, etc.), bring whisks and/or other items that may leave litter and/or damage the steam room equipment;
  - use the steam room in case of open wounds, injuries, fungal and other skin infections;
  - eat and drink;
  - touch the equipment and temperature sensors installed in the steam room, pour water and/or any other substances on them;
  - to avoid getting steam burns, stay away from steam outlets. These outlets are marked with warning lines (marks);

- 11.4. Independently change the temperature regime, level, direction and intensity of steam supply. Club Members with increased or decreased skin sensitivity, including to high temperatures, and/or with health contraindications should not use the steam room.
- 11.5. If a Club Member feels unwell in the steam room, he/she shall immediately leave the sauna room and contact the Club personnel.

## **12. Additional terms and condition for providing services to minors of 5 to 16 years of age**

### **12.1. General provisions.**

12.1.1. The additional conditions of this section apply to minors aged 5 to 16 years (hereinafter referred to as the Minor) and are binding on minors, their legal representatives and/or accompanying persons. Children under 5 years of age are not allowed on the territory of the Club. Minors use the Club services subject to the restrictions specified in this section of the Rules.

12.1.2. When using the Club services, minors shall comply with the Club Rules in terms of these Additional terms and condition for providing services to minors of 5 to 16 years of age.

12.1.3. Minors aged 14 to 16 use the services of the Club on the basis of a Junior club card. The Junior club card is acquired by an additional agreement to the contract of the minor's legal representative who is a Member of the Club, at the cost specified in the current price list.

12.1.4. The Junior club card includes the following services:

- introductory personal training session in the gym,
- introductory personal training session in the pool,
- use of the gym (accompanied by a Club Member or a personal instructor),
- use of the swimming pool (accompanied by a Club Member or a personal instructor),
- use of the sauna, Turkish steam room, jacuzzi.

12.1.5. A minor is allowed to enter the Club only if accompanied by a legal representative or an accompanying person.

12.1.6. A minor's legal representative (or accompanying person) who is not a Member of the Club may enter the Club territory on presenting an identity document at the Club's reception.

12.1.7. An accompanying person is an individual who has reached the age of 18, who is authorized to accompany the minor while in the Club by a legal representative in a written note to the Club Management.

If there are several accompanying persons, one of the minor's legal representatives submits a written authorization for each of them to the Club Administration, to authorize them to accompany the minor.

If the accompanying person gets replaced, one of the minor's legal representatives shall notify the Club in advance by submitting a written note to the Club Management.

12.1.8. The legal representatives of a minor (or an accompanying person) who are not Club Members shall stay in a specially designated area of the Club and not create obstacles for the Club Members to use the services Club, while the minor is at an exercise, fitness or other class with a Club employee.

Legal representatives of a minor (or accompanying persons) who are not Members of the Club, during the stay of the accompanied minor in the Club, are not allowed to use the services of the Club on a free basis.

12.1.9. A minor's representative (or accompanying person) who is not a Member of the Club shall change into clean shoes or put on shoe covers while in the Club.

12.1.10. One of the legal representatives (or an accompanying person) shall be present on the Club territory or nearby during the entire stay of the minor in the Club.

12.1.11. Prior to the participation of a minor in an exercise/fitness class or other personal session with a Club employee, the legal representative and / or accompanying person must tell the Club employee who will accompany the minor after the end of the session.

12.1.12. Minors may only pass from one training area of the Club to another accompanied by a legal representative or accompanying person, in order to attend an exercise/fitness class or other personal session with a Club employee.

12.1.13. A minor may independently move from one training area of the Club to another in order to attend special events for minors, with a written permission from one of the legal representatives.

12.1.14. The Club recommends that legal representatives and/or accompanying persons dress minors in comfortable clean sportswear and shoes. To participate in exercise, fitness and other activities in the swimming pool, minors shall have swimwear, caps, slippers, a towel, other bathing accessories and an additional set of clothes and shoes.

12.1.15. Minors and/or their legal representatives and/or accompanying persons can use the locker, and/or safe deposit box at the reception. Minors can change clothes only in the Club locker rooms.

12.1.16. It is PROHIBITED for minors to visit training areas that are not intended for minors, and attend exercise, fitness and/or other events and group classes for adults.

12.1.17. For security purposes, minors may attend the swimming pool, sauna, steam room, jacuzzi, if under supervision of a Club employee and/or a legal representative and/or accompanying person who is a Member of the Club. Right after the minor finishes using swimming pool, sauna, steam room and/or jacuzzi one of the legal representatives and/or accompanying person must be next to the minor and ensure their compliance with these Club attendance rules.

12.1.18. In order to ensure safety during the events, a Club employee has the right to remove from participation in the event a minor who does not adequately respond to the Club employee's requests, and if there is reason to believe the minor can harm him/herself, other minors, Club employees, Club Members, their property and/or property of the Club by his/her behavior.

12.1.19. The Club disclaims all liability for causing harm to a minor's health resulting of his/her failure to comply with a Club employee's requirements/recommendations/instructions.

12.1.20. Activities for minors take place in accordance with the Club's schedule. The Club reserves the right to unilaterally make changes to the Club's schedule and/or change an employee scheduled for a class.

12.1.21. To ensure safety and improve the effectiveness of training, the Club employee may prohibit a minor from participating in sports, fitness and recreation activities that do not correspond to his/her age and/or physical development.

12.1.22. Legal representatives and/or accompanying persons shall timely bring minors to participate in events and take them home after classes. To avoid injury and disorganization, minors who are more than 15 minutes late for the start of events are not allowed to participate.

12.1.23. During personal exercise sessions with a Club employee, the minor is under the supervision of the employee. The minor is under the supervision and responsibility of one of his/her legal representatives and / or accompanying person until the beginning and immediately after the end of the Club employee's classes. Legal representatives/accompanying persons are personally responsible for minors during their stay in the Club. The Club is not responsible for minors who are unattended by legal representatives/accompanying persons, except for classes with minors under the supervision of authorized employees of the Club, in which case the responsibility is assigned to the Club.

12.1.24. Minors shall get introductory briefing before using the swimming pool or gym. Otherwise, the Club has the right to prohibit the minor from using the pool or gym.

12.1.25. Minors aged 14 to 16 have the right to make a guest visit to the Club, provided for by the club card of the minor's legal representative who is a Member of the Club. The minor visits the Club on a one-time basis, accompanied by a legal representative who is a Member of the Club. Minors may use the services of the Club on a guest visit, subject to the restrictions specified in this section of the Rules. Minors under 14 years of age are not allowed to make a guest visit.

### **12.2. Swimming pool attendance rules**

12.2.1. Minors between 5 and 14 years of age are allowed to use the adult swimming pool only for individual sessions with an instructor. Minors from 14 to 16 years of age may use the pool on a Junior club card, or as part of a guest visit.

12.2.2. Prior to using the Club's services, it is recommended to provide a medical certificate confirming that there are no contraindications for the minor to participate in exercise, fitness and recreation activities.

A certificate with results of a parasitological examination for enterobiasis is required from minors of preschool and primary school age so that they can use the swimming pool. The certificate should be provided:

- before admission to the swimming group (section) of the pool (afterwards, at least once every three months);
- before each one-time visit to the pool, if the interval between the visits is more than two months.

The above certificates are checked by the Club Management.

12.2.3. In accordance with the requirements of sanitary rules SP 2.1.3678-20 *Sanitary and epidemiological requirements for the use of premises, buildings, structures, equipment and vehicles, and for conditions of activity of business entities selling goods, performing works or providing services*, approved by the Resolution of the Chief Public Health Officer of the Russian Federation dated December 24, 2020 N 44, the swimming pool is not intended for use by children under the age of 5. The pool does not answer the requirements for temperature and depth established for children's and school pools specified by SP 2.1.3678-20. These rules may be changed based on regulatory acts of competent authorities. In the event of such changes, the new sanitary rules that may come into force will apply.

12.2.4. Minors under 100 centimeters tall may enter the swimming pool only wearing inflatable armbands or a vest.

12.2.5. When minors swim in the pool, accompanying adults (Club employee or legal representative (accompanying person) who is a Club Member) shall not let them out of their field of vision, having previously explained to them the rules of behavior on water.

12.2.6. Swimming classes with a minor are held on a specially designated path of the pool (or in a specially designated pool area). A minor may dive into the pool only on a Club instructor's request. The minor must leave the pool immediately after the Club instructor completes the class. Right after the end of the class, one of the legal representatives and/or the accompanying person shall be present next to the minor and watch over their compliance with these Rules for visiting the Club. During the minor's exercise, fitness and recreation activities with an employee of the Club in the pool, legal representatives or accompanying persons who are not Members of the Club shall wait in a specially designated area of the Club, outside the pool area.

12.2.7. The swimming pool area may be limited for use by other Members of the Club For during the minor's exercise, health and fitness classes with a Club instructor.

12.2.8. Taking into account clause 12.2.3 of the Rules, minors may only participate in exercise, health and fitness activities in the pool on a specially marked pool track.

### **12.3. Gym attendance rules**

12.3.1. Access to the gym is allowed for minors aged 14 to 16. Minors under the age of 14 are not allowed to use the gym.

12.3.2. Minors can visit the gym only when accompanied by legal representatives who are Members of the Club, or accompanied by an instructor who provides personal training for them. Gym group classes for minors are not available.

12.3.3. Personal training of a minor with an instructor is possible only if it is fully paid in advance.

## **13. Additional conditions and features of the provision of services to persons with disabilities**

13.1. Persons with disabilities is the term used in this section of the Rules. Such persons include:

- persons experiencing difficulties in independent movement, obtaining services, necessary information or orienting in space;
- persons with health conditions causing persistent impairment of body functions caused by diseases, consequences of injuries or impairments leading to limitations and causing the need for social protection;
- persons who are temporarily or permanently unable to use the Club services without assistance and/or without creating special conditions and using additional special technical equipment to use the Club services.

13.2. A person with disabilities may attend the Club and use its services only if accompanied by a person responsible for the safety of his/her stay in the Club.

The accompanying person is an individual who has reached the age of 18, who is a Member of the Club or who is allowed access to the territory of the Club for the purpose of assisting the person with disabilities, and who does not have the right to use the Club services and equipment for personal purposes

13.3. In the absence of an accompanying person, a person with disabilities can stay on the Club territory and use the Club services if the person with disabilities writes a note, confirming, among other things, but not limited to, that:

- the person is able to move around the territory of the Club without assistance and attend to him/herself when attending the Club;
- the person has no contraindications to classes with personal trainers;
- the person has provided reliable information about his/her state of health, necessary for the provision of services;
- the infrastructure, layout and equipment of the Club are sufficient and accessible for the person to move independently, and to use the services of the Club.

13.4. The club does not have a medical office, on-duty healthcare personnel, or a sports physician.

13.5. The Club personnel does not have special knowledge in terms of providing qualified medical and other assistance to persons with disabilities.

13.6. The club is not equipped with special sports equipment and equipment for physical education and exercise for persons with disabilities, taking into account their body functions impairments and limitation.

13.7. The Club's swimming pool is not equipped with special devices helping persons with disabilities to get into the water.

13.8. The Club does not provide conditions for people with disabilities to practice exercise and sports in specialized groups, taking into account their disability.

13.9. The Club does not provide for the presence of employees specially trained to conduct exercise and sports classes with persons with disabilities.

13.10. The Club does not provide accompaniment by persons capable of providing qualified medical and other assistance to persons with disabilities.

13.11. The Club may provide a person with disabilities during his/her stay in the Club with a personal trainer on a paid basis; however, the functions of a personal trainer do not include the provision of rehabilitation services to a person with disabilities if he/she has injuries and/or health conditions.

## **14. Terms of service and rules of Club attendance on guest visits**

14.1. Guest visit is a type of Club visit that involves the use of the Club services, in order to make a decision on acquiring a club card and joining the Club Members.

14.2. Guest visit is offered on a one-time basis.

14.3. A guest visit is offered on a complimentary basis, provided for by the type of membership and club card of the current Club Member and applies to his/her friends and relatives (hereinafter referred to as the Guest).

14.4. The number of guest visits for the current Club Member is mentioned in the Agreement for the provision of fitness and sports services and cannot include more than 5 visits. A guest visit is provided to a specific Guest once. The same person may not use guest visits more than once.

14.5. The Guest may visit the Club in the presence of the current Member of the Club.

14.6. The guest visit is agreed in the Club sales department, during its opening hours, on presentation of the Guest's identity document, in the presence of the current Club Member who invited the Guest.

14.7. When registering the guest visit, the Club's Sales department records the number of guest visits left for the current Club Member.

14.8. After registration of a guest visit at the reception, the Guest is given a bracelet and a towel. At the Guest's request, he/she can use an individual safe deposit box.

14.9. A one-time visit is valid from the moment when the Guest enters the Club premises (activation of the bracelet at the club reception) and until the guest leaves the Club (leaving the bracelet at the reception).

14.10. A guest visiting the Club is considered a Member of the Club for the duration of his/her stay in the Club and is subject to the current Rules of the Club.

14.11. Prior to starting the visit, the Guest shall read and understand the Rules of the Club, sign them and comply with them throughout his/her entire stay on the Club territory.

14.12. The list of guest visit services includes:

- the right to use exercise areas;
- the right to use locker rooms and shower rooms;
- the right to use other premises intended for Club members;
- for an additional fee, the guest can use paid services, based on the Club's Price List.

- 14.13. After visiting the Club, the Guest shall return the bracelet, towel and key to the individual safe deposit box (if the Guest used it) at the Club reception.

**15. Conditions and rules for one-time visits to the Club**

- 15.1. One-time visit is a type of visit to the Club enabling a single use of the Club's services on the terms provided for by the current Club Price List.
- 15.2. Any individual (hereinafter referred to as the Guest) who has reached the age of 16 and wishes to use the services of the Club on a paid basis in accordance with the Club Price List may be admitted for a one-time visit. One-time visits to the Club are not provided to minors under the age of 16.
- 15.3. The number of one-time visits is not limited.
- 15.4. One-time visits are registered in the sales department of the Club during its opening hours, on presentation of the Guest's identity document or another document identifying the Guest.
- 15.5. The Guest makes a 100% advance payment for a one-time visit to the Club according to the established Price List at the Club reception before starting to use the Club services. Each subsequent one-time visit to the Club is paid separately.
- 15.6. After registering the visit, the Guest is given a bracelet and a towel at the Club reception. At the Guest's request, he/she can use an individual safe deposit box.
- 15.7. A one-time visit is valid from the moment the Guest enters the Club territory (activation of the bracelet at the club reception) and until the guest leaves the Club premises (leaving the bracelet at the reception).
- 15.8. A guest visiting the Club on one-time visit is considered a Member of the Club for the duration of his visit and is subject to the current Rules of the Club.
- 15.9. Prior to starting a one-time visit, the Guest shall read and understand the Rules of the Club, sign them and comply with them throughout his/her entire stay in the Club.
- 15.10. One-time services include:  
- the right to use exercise premises;  
- the right to use locker rooms and shower rooms;  
- the right to use other premises intended for Club members;  
- for an additional fee, the guest can use paid services, according to the Price List established by the Club.
- 15.11. After visiting the Club, the Guest shall return the bracelet (and the key to the individual safe deposit box, if the Guest used it) to the Club reception.

**16. Special conditions when paying for the Club's Services through Internet acquiring**

- 16.1. At the discretion of the Club Administration, the cost of the Services may be paid by the Club Member (Guest) through Internet acquiring. The Club sends the Club Member (Guest) a payment link to his/her e-mail address or mobile phone number.
- 16.2. The cost of the Services is paid by the Club Member (Guest) on the date of sending the link to payment by 100% advance payment no later than the start date of the Service Provision Period based on the type of Membership in the Club chosen by the Guest.
- 16.3. Settlements are made in rubles, by transferring funds to the settlement account of WTC-Fitness LLC.
- 16.4. A confirmation document (cash receipt) is sent to the e-mail address or mobile phone number specified by the Club Member (Guest).
- 16.5. The date of payment for the Services in case of non-cash payments is the date of receipt of funds to the settlement account of WTC-Fitness LLC.
- 16.6. By making a payment for the Club Services in the manner described in this section, the Club Member (Guest) thereby confirms that he/she is familiar with these Rules and undertakes to comply with them.
- 16.7. After paying for the Club Services through Internet acquiring, before the start date of the Service Provision Period stipulated by the type of Membership, the Club Member (Guest) should come to the Club to sign the Agreement for the provision of fitness and exercise services, bringing an identity document.
- 16.8. The Services paid by a bank card through Internet acquiring, but not provided, are refunded to the Club Member (Guest), and the refund is made to the bank account to which the bank card used for payment is linked.
- 16.9. The Club is not responsible for the actions of the payment card issuing bank, since the time of actual transfer of funds to the payment card is regulated by contractual relations between the payment card holder and the payment card issuing bank.

**I am familiar with these Rules, I fully AGREE with their terms and conditions and undertake to comply with them.**

Club Member \_\_\_\_\_ / \_\_\_\_\_ /  
Signature First name, surname

WTC Fitness LLC General Manager \_\_\_\_\_ / I.A. Drozdova /  
Signature

### List of health contraindications for classes in the Club

By attending the Club, the Club Member declares and guarantees that he/she has no health contraindications for attending training and/or exercise sessions, and that he does not have the health conditions listed below or other conditions that would constitute contraindication to exercising and/or using sports and fitness services. The Club is not responsible for the harm caused to the Club Member's life and health as a result of him/her providing false information about the state of his/her health. The Club Member is informed about health contraindications for certain types of fitness services and independently decides on the possibility of using fitness services or on the need for further consultation with a healthcare specialist to decide if he/she is fit for the chosen type of physical activity.

1. Acute infectious diseases.
2. Any acute (active) condition.
3. Chronic conditions in the phase of exacerbation (decompensation).
4. Mental disorders.
- 4.1. Nervous and/or mental diseases. Injuries of the central and peripheral nervous system. Persons who have suffered a closed injury of the brain and spinal cord, with instrumentally confirmed absence of signs of damage to the central nervous system, may exercise no earlier than 12 months after complete recovery (sports likely to cause injury are not recommended).
5. Organic diseases of the central nervous system.
6. Malignant neoplasms. Benign neoplasms, until complete recovery.

**7. Musculoskeletal system diseases:** deforming polyarthritis (arthritis), spondyloarthritis (of various etiologies with a progressive course and acute dysfunction of the joints and presence of pain syndrome).

**8. Connective tissue diseases** (diffuse lesions of the connective tissue and blood vessels).

**9. Respiratory system diseases:**

- 9.1. diseases causing respiratory or pulmonary heart failure over 1st degree;
- 9.2. bronchial asthma with frequent, prolonged, persistent attacks;
- 9.3. chronic bronchitis with a tendency to frequent exacerbations and a pronounced bronchospastic component;
- 9.4. bronchiectasis until complete clinical cure;
- 9.5. interstitial pneumonia with recurrent course.

**10. Cardiovascular system diseases:**

- 10.1. heart aortic aneurysm;
- 10.2. arrhythmias (complex arrhythmias and conduction disorders, monotonous extrasystole, atrial fibrillation, paroxysmal tachycardia);
- 10.3. left bundle-branch block or fascicular block;
- 10.4. conditions causing circulatory failure above I degree (according to Vasilenko-Strazhesko);
- 10.5. angina pectoris with frequent attacks;
- 10.6. post-infarction cardiosclerosis (with this diagnosis, the possibility of using Club services is decided individually);
- 10.7. cicatricial changes in the myocardium confirmed by ECG (in the absence of a history of myocardial infarction and complaints at the time of the examination) with clear ECG signs of severe circulatory failure of the heart muscle;
- 10.8. hypertension with frequent crises, and systolic blood pressure above 200 mm Hg or diastolic pressure above 110 mm Hg;
- 10.9. hypotension of a primary or secondary nature, or systolic blood pressure below 90 mm Hg ;
- 10.10. patients after surgery for congenital or acquired heart defects, coronary insufficiency, earlier than 3 months after the surgery (after this period, the possibility of using services is decided individually, depending on the surgery outcome, existing complications, cardiovascular and hemodynamic condition, and personal history of exercising);
- 10.11. Morgagni-Edems-Stokes syndrome.

**11. Digestive system diseases:**

- 11.1. stomach surgery for decompensation of digestive organs functions;
- 11.2. chronic pancreatitis with exacerbations, enzymatic deficiency;
- 11.3. stomach peptic ulcer (duodenal ulcer) with frequent exacerbations or with a significant impairment of digestive organs function, malnutrition and/or severe pain syndrome.

**12. Liver and biliary tract diseases:**

- 12.1. recurrent liver cirrhosis (any etiology) with a progressive course and/or signs of liver failure;
- 12.2. chronic recurrent hepatitis (hepatodystrophy, hepatosis) with severe functional disorders;
- 12.3. chronic calculous cholecystitis with hepatic colic or recurrent jaundice attacks;
- 12.4. chronic angiocholitis with hepatic colic attacks and impaired bile secretion;
- 12.5. secondary chronic pancreatitis caused by impaired secretory function of the pancreas.

**13. Kidneys and urinary tract diseases:**

- 13.1. chronic recurrent diffuse glomerulonephritis with signs of renal failure;
- 13.2. chronic interstitial nephritis of various origins with signs of renal failure;
- 13.3. chronic recurrent pyelonephritis with pronounced functional disorders or complications (hydronephrosis, hypertensive nephropathy);
- 13.4. lipid-amyloid nephrosis.

**14. Endocrine disorders:**

- 14.1. hypoglycemic disease;
- 14.2. hypothyroidism, severe primary or secondary myxedema;
- 14.3. diabetes insipidus; moderate or severe primary or secondary diabetes mellitus with complications (ketoacidosis, vascular lesions, polyneuritis, etc.);
- 14.4. severe diffuse toxic goiter (thyrotoxicosis, Graves' disease); severe hyper- or hypofunctional endemic goiter;
- 14.5. chronic thyroiditis.

**15. Metabolic diseases:**

- 15.1. obesity of secondary origin (diencephalic, hypothyroidal, hypogenital, Cushing syndrome);
- 15.2. gout with a progressive course or with severe pain syndrome.

**16. Pathological menopause.**

**17. Injuries and diseases of the eyes and ENT organs.**

Persons with temporary functional disorders after exacerbation of chronic diseases of the eyes and ENT organs, their injuries and/or surgical treatment are allowed to play sports after a complete cure.

**Contraindications to certain types of activities.****Contraindications to the use of stress tests:****18. Absolute contraindications:**

- 18.1. Circulatory failure.
- 18.2. Myocardial infarction (earlier than 3 months from the date of the onset).
- 18.3. Rapidly progressing or unstable angina pectoris.
- 18.4. Hypertension degree 2 or 3 with systolic blood pressure above 200 mm Hg, diastolic blood pressure above 120 mm Hg.
- 18.5. Ventricular tachycardia.
- 18.6. Severe aortic stenosis.
- 18.7. Active or recent thrombophlebitis.
- 18.8. Exacerbation of acute and/or chronic conditions.
- 18.9. Specific features of physical development:
  - A pronounced physical development impairment causing disability to exercise; a sharp disproportion between the length of the limbs and the body.
  - All types of deformities of the upper extremities, causing inability or difficulty to perform various exercises.
  - Severe chest deformity, impeding the functioning of chest cavity organs.
  - Severe pelvis deformity, affecting the body posture or walking process.
  - Shortening of one lower limb by more than 3 cm, even with normal gait; pronounced knock knee (X-shaped leg curvature) or bowleg (O-shaped leg curvature) with more than 12 cm distance between the internal femoral condyles or between the internal tibial malleoli.

**19. Relative contraindications:**

- 19.1. Frequent supraventricular extrasystoles, atrial fibrillation.
- 19.2. Repetitive or frequent ventricular ectopic activity.
- 19.3. Pulmonary hypertension.
- 19.4. Ventricular heart aneurysm.
- 19.5. Moderate aortic stenosis.
- 19.6. Uncontrolled metabolic disorders (diabetes mellitus, thyrotoxicosis, myxedema).
- 19.7. Significant heart enlargement.

**20. Contraindications to fitness classes:****Absolute contraindications:**

- 20.1. scoliosis complicated by lower flaccid paraparesis that requires wearing a special corset to spare the spine;
- 20.2. flat feet degree 3;
- 20.3. ligaments and/or joint disorders;
- 20.4. some benign tumors of the skeletal system;
- 20.5. uncompensated spinal injury;
- 20.6. various types of fractures and post-traumatic conditions;
- 20.7. mental disorders and borderline mental states;
- 20.8. knee joint ligaments disorder (unstable joint);
- 20.9. ankylosing spondylitis;
- 20.10. complicated fracture of the spine with spinal cord injury;
- 20.11. epilepsy with convulsive seizures and loss of consciousness;
- 20.12. severe and frequent dizziness;
- 20.13. various mental disorders;
- 20.14. severe diseases of the internal organs causing inability for physical activity and/or dancing (diabetes mellitus, arterial hypertension, tumors, etc.);
- 20.15. tuberculosis of bones and joints;
- 20.16. some benign tumors of the skeletal system (such as fibrous dysplasia), which may cause pathological bone fractures;

**Relative contraindications:**

- 20.17. cancer (people with this diagnosis may attend classes only on presenting a certificate from their attending physician);
- 20.18. conditions after traumatic brain injury or heart attack (people with this diagnosis may attend classes only on presenting a certificate from their attending physician).

**21. Contraindications to aerobics classes:**

- 21.1. cardiovascular system disorders;
- 21.2. elevated blood pressure;
- 21.3. advanced osteochondrosis (degenerative changes in the spine, including protrusion and herniation of the intervertebral disc);
- 21.4. varicose veins.

**22. Contraindications to dance classes:**

- 22.1. exacerbation of gastric and duodenal ulcers;
- 22.2. any diseases of the liver and pancreas;
- 22.3. uncompensated kidney disease;
- 22.4. herniated spinal disc.

**23. Contraindications to power training:**

- 23.1. Absolute contraindications: severe forms of bronchitis and asthma;
- 23.2. Relative contraindications:
  - varicose veins (at early stage of varicose veins, exercises in a sitting/lying position may be performed);
  - neurocirculatory (vegetative/vascular) dystonia;
  - severe myopia (with this diagnosis, a certificate from an ophthalmologist is required to attend classes).

This list is not exhaustive. If the Club Member is aware of other diseases that may impede (limit) the ability to exercise, the Club Member shall notify the Club about it and stop classes. Otherwise, the Club Member is solely responsible for his/her health.

If there are relative contraindications to attending certain types of classes, the Club Member shall bring a medical certificate confirming permission to attend such classes.