



## **FITNESS CENTER REGULATIONS**

- Pause Fitness Center is open daily from 07:00 am until 10:00 pm.
- Children under the age of 16 years are not permitted in the Fitness Center.
- All Hotel Guests must bring their access card to enter the Gym and register at the Pause Fitness reception before using the facilities.
- Pause Fitness Center permits Hotel Guests only. Management reserves the right to refuse entry to non-hotel guests and visitors.
- Pause Fitness users are required to wear appropriate sports clothing and training shoes.
- For the comfort of all guests, please maintain personal hygiene before and after using Pause Fitness facilities by taking shower and using fresh and appropriate clothing.
- A Physical Activity Readiness questionnaire must be completed by the user prior to utilizing any of the equipment.
- Conducting a Personal Training session or bringing an external Personal Trainer to Pause Fitness Center is not permitted.
- Glass bottles and food are not permitted inside the Pause Fitness Center.
- Pause Fitness Center is not responsible for any loss of personal items left by the Hotel Guest or Residents.
- Persons under the influence of alcohol and/or drugs are prohibited from using the facilities.
- All Hotel Guests and Residents entering the Pause Fitness Center and using the facilities do so at their own risk. Paramount Hotel Dubai, nor any associate company or body including employees, cannot accept responsibility or liability for any injury or loss, including fatality or damage to any person or their property.
- The management reserves the right to alter its terms and conditions as they see fit and shall make every effort to inform Hotel Guests and Residents of any such amendments in advance.

## **CODE OF CONDUCT**

- In respect of the local culture, please ensure you are suitably dressed at all times while walking around the facility.
- We request that all guests, management and staff of Pause Fitness Center are treated in the respectful manner. Offensive or abusive behavior or language towards other members, guests or staff will not be tolerated.