



## **FITNESS CENTER REGULATIONS**

- Pause Fitness Center opening hours are 07:00 am until 10:00 pm Monday – Sunday.
- Children under the age of 16 years are not permitted in the Fitness Center.
- All Hotel Guests and Registered Residents 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 and registered Residents only. Management reserves the right to refuse entry to non-hotel guests and visitors.
- Hotel towels are provided for Paramount Hotel Midtown guests only.
- Hotel guests and Residents are required to wear appropriate sports clothing and training shoes when using Pause Fitness Center.
- A Physical Activity Readiness questionnaire must be completed by the user prior to utilizing any of the equipment.
- Personal Training services is provided at Pause Fitness Center at applicable rates and is subject to availability.
- 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 Midtown, 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.

## **LOCKERS**

- All personal belongings must be kept locked at the designated locker area.
- Management reserves the right to gain access and reset the password of any lockers kept locked for more than 10 hours.
- Lockers will be cleared every night on the closing of the Pause Fitness Center. Any items found in lockers will be removed and forwarded to Security Lost and Found and held for a maximum of two months before being disposed of.

## **CODE OF CONDUCT**

- In respect of the local culture, please ensure you are suitably dressed at all times while walking around the facility. Please use the changing rooms when undressing. Please refrain from walking, standing or using the sauna without any clothing.
- We request that all guests, residents, management and staff of Pause Fitness Center are treated in the respectful manner in which you would like to be treated. Offensive or abusive behavior or language towards other members, guests or staff will not be tolerated.