

# Emporio Gym



The gym is located in the pool area. It is provided to guests free of charge and may be used from 6 am to 11 pm.

## Rules & Regulations

1. As we do not have gym instructors, use of equipment is entirely at your own risk.
2. No children under 16 years of age are allowed.
3. Persons with medical restrictions are advised not to use the equipment.
4. If you experience pain, dizziness, or lack of breath, stop exercising.
5. Perform warm up and cool down exercises before and after every training.
6. Please report any equipment in such a state as to pose a risk or hazard to your safety or that of others.
7. For health and safety reasons the use of appropriate attire is essential. Entry is prohibited to those not wearing sneakers and/or shirt or t-shirt. A bathing suit is not considered appropriate attire.
8. In consideration for other guests, place a towel over the equipment. When finishing an exercise, please clean the equipment used.
9. No food or beverages of any kind may be brought into the gymnasium.
10. The right to use the equipment is on first come basis.