

House Rules in Alhedens Fitnesscenter

- 1: Only members in Alhedens Fitnesscenter (from 15 yo) can work out in the gym. The key is personal, and must be scanned every time.**
- 2: Children under 12 have no access. However can children between 12 – 14 yo work out with their parents/guardian.**
- 3: Show consideration and respect to other members. The instructors' instructions must at all times be followed and respected. There will be key control in the gym.**
- 4: Take a spray and a cloth with you, when you start your workout. All equipment must be wiped after use. Clean up after yourself. Equipment must be put in place after use.**
- 5: Smoking, drugs, snuff and alcohol is strictly forbidden. You may under no circumstances work out when you are affected.**
- 6: Show respect with use of your cell phone, do NOT photograph other people in the center.**
- 7: It is not allowed to work out in a sports bra or shirt less. Your shirt must cover your torso.**
- 8: All changing must be in the changing rooms. Bags, outdoor shoes and other outerwear must be in the room. No access in your outdoor shoes. Only work out in your clean outfit/shoes.**
- 9: The center is open from 04.30 – 23.00, and it is used at your own risk.**
- 10: All doping is strictly forbidden, and will be reported to the police and Antidoping Danmark. You will be immediate expelled from the center. Antidoping Danmark will make control visits.**
- 11: Violation of the above rules will result in a warning, expulsion, quarantine or termination of membership. The contingent is not paid back by warring, expulsion, quarantine or termination of your membership.**