The Regency Townhouse Home Gym

Important Safety Notice & Disclaimer

Welcome to our home gym! Please read and follow these rules before using the facilities.

USE OF THE GYM IS AT YOUR OWN RISK.

By using the gym, you acknowledge and agree that:

- You are responsible for ensuring you are fit and healthy enough to exercise. Seek medical advice if you have any health concerns.
- Do not exercise if you feel unwell, dizzy or fatigued.
- Exercise and gym equipment carry inherent risks, including injury. You must exercise within your own capabilities.
- All equipment must be used correctly and only for its intended purpose.
- Check equipment before use. Do not use damaged or faulty equipment and report any issues immediately.
- Appropriate clothing and footwear must be worn at all times.
- The gym is not a play area. Children must be supervised by a responsible adult at all times and must not be left unattended in the gym under any circumstances.
- Guests are responsible for leaving the gym clean, tidy and equipment safely stored.
- Only registered guests may use the facilities.
- Equipment Care: **Weights must not be dropped on the floor** to protect both the flooring and the equipment.

LIABILITY DISCLAIMER

Guests use the gym and its equipment at their own risk and are responsible for exercising safely and using all facilities correctly. The property owners shall not be held responsible for any injury, loss or damage arising from the use of the gym, except where liability cannot be excluded by law.

By choosing to use the gym, you acknowledge that exercise carries inherent risks and agree to take responsibility for your own safety and the safe use of all equipment.

Please respect the facilities and leave the gym as you found it for the enjoyment of future guests.

THANK YOU & ENJOY YOUR WORKOUT!