

BYE-LAWS 10

GYM

In exercise of the powers conferred under Rule 16(b) of the Constitution, The Council makes the following Bye-Laws pertaining to the use of Gym.

1. The Gym shall be open between the hours of 8.00am to 10.00pm daily.
2. (a) The Gym is for Members / Affiliated Members / Reciprocal Members and Room Guest use only.
(b) Children under 17 years are NOT ALLOWED in the Gym at any time.
3. Members / Affiliated Members / Reciprocal Members and Room Guest use the Gym at their own risk.
4. Members using the Gym are required to sign in the register book provided.
 - (a) Only 1 towel is issued to a Member at any one time. However, the Member may request for the replacement. Members must register for towels and also upon returning them.
 - (b) Anyone who has been issued one (1) towel may return the used towel to the cashier in exchange for a second towel, and must register for it.
 - (c) A Member is allowed a maximum of two (2) towels without charge.
 - (d) All towels taken must be returned to the cashier before the close of the day, failing which a charge of RM20.00 for each towel not returned will be charged to the Members' account.
5. Any Member, on finding a malfunction of any equipment, should report the matter immediately to the Manager of the Society.
6. Smoking is strictly prohibited in the Gym.
7. Food and drinks are NOT allowed in the Gym.
8. Attire for Gym will be track suit pants / sports shorts, singlets / T-shirts / Leotards and non-marking sports / athletic shoes (Swimming attire will NOT be permitted in the Gym).
9. Miscellaneous
 - (a) Use of laptop is not allowed.
 - (b) Use of mobile phone is not allowed.
 - (c) No weights i.e. dumb bells, bar bells etc are allowed in the designated stretching area.
 - (d) Reading of newspaper / magazines etc while exercising is strictly not allowed.
10. Complaints / Suggestions may be made in writing to the Operations Manager / Council of the Society.

NOTE: Members who wish to use the Gym are advised to consult their physicians and/or seek the advice of a competent and qualified physical instructor.