

RULES
of attendance at WTC Fitness Club

1. General provisions

- 1.1. These WTC Fitness Club Attendance Rules (hereinafter referred to as "Rules" and the "Club") have been developed by WTC-Fitness LLC and are binding upon all Members. Guests who visit the Club as part of a one-time visit are also considered Members for the duration of their stay in the Club and are subject to these Rules.
- 1.2. These Rules and their updates shall be posted on the notice board and on the Club's website www.wtcfitness.ru (hereinafter referred to as the "Club website").
- 1.3. These Rules govern the relationship between the Club Members and the Club (its Administration).
- 1.4. Any person who has reached the age of 16 (sixteen) may be a Member of the Club. Minors aged from 5 to 16 may only be admitted to the Club if accompanied by a parent (legal representative).
- 1.5. Club Members are required to read these rules before using the services, monitor and familiarize themselves with amendments made to these Rules and comply with the terms and conditions of the agreement for the provision of physical fitness and sports services (if any).
- 1.6. The signing of an agreement for the provision of physical fitness and sports services (hereinafter referred to as the "Agreement") is proof of the Member's agreement with the Club's Rules of Attendance and their observance.
- 1.7. The Club has the right to amend and change these Rules unilaterally. Amendments to the Rules come into force after 5 (five) calendar days from the date of their posting for public review on the notice board and the Club website.
- 1.8. The Club belongs to a non-public, private club system.

2. Club operating mode and conditions

- 2.1. The Club is open to the public on a daily basis throughout the calendar year in accordance with the established opening hours and taking into account technical breaks.
- 2.2. The opening hours of the Club are:
 - weekdays: 7:00 to 23:00 (entry to the Club is permitted until 22:30, exit time from the Club is no later than 23:00)
 - on weekends and holidays: from 9:00 to 21:00 (entrance to the Club is allowed till 20:30, exit time from the Club is no later than 21:00)Sales Department working hours:
 - weekdays 9:00 to 21:00, weekends and holidays: 9:00 to 21:00
- 2.3. The Club has the right to change the mode and working hours.
- 2.4. Information regarding changes in the Club's hours and hours of operation is posted on the notice board and on the Club website.
- 2.5. The number of technical breaks in the Club and/or its separate rooms, premises as well as their duration shall be determined in accordance with the sanitary rules and norms as well as the norms of technical maintenance.
- 2.6. During Club events the Club has the right to limit the area intended for training, as well as to close the premises for the duration of special events and/or repair work, about which the Members of the Club are informed in advance by posting relevant information in the Club on the notice board and on the website of the Club not less than 24 hours before the specified events.
- 2.7. The Club has the right to fully or partially discontinue the provision of services to Members if the need arises to maintain the equipment and facilities in proper condition for a period not exceeding seven (7) days.
- 2.8. In order to ensure personal and public safety and the safety of the Members' property, the Club's building and the area surrounding the building are monitored by video surveillance.
- 2.9. Unauthorized trade, advertisements and advertising materials, surveys and other private or commercial activities are prohibited in the Club premises.

3. Terms and conditions of club services

- 3.1. The Club card is a pass to the Club and a document confirming membership in the Club, which is issued only on presentation of a passport and after signing an Agreement with the Club. Card terms and conditions shall be governed by the Agreement.
- 3.2. Membership in the Club is private and cannot be transferred or used by another person without reissuing the Club Card in accordance with the terms of the concluded Agreement, namely, in the case of impossibility of personally receiving the services provided by the Club.
- 3.3. In order to reissue the Club Card, the Member shall submit a written application to the Club Administration and pay the expenses for the reissue and production of the Club Card. Reissue of the club card during its validity period is possible only once. From the moment of the reissuance the previous club card ceases to be valid.
- 3.4. If it is established that the Club has transferred the Club Card to another person without the appropriate reissuance of the Agreement, the Administration of the Club has the right to unilaterally withdraw the card and cancel it.
- 3.5. In order to ensure the safety of the Member and to identify the identity of the visitor, it is necessary for the Member to have his/her photo taken at the reception desk on the first visit to the Club, otherwise the Club has the right to terminate the Agreement and not to allow the Member to take classes.
- 3.6. When visiting the Club, the Member shall be obliged to show his/her Club card as may be requested by Club employees. In the case of temporary absence (replacement / loss) of the club card, access to the Club is carried out on a temporary pass. In exceptional cases, in the absence of the Club card, the access to the Club is carried out by presenting the Member's identity document. In all cases, the Member must present the Club card and/or wristband to the Club staff at their first request.
- 3.7. The Member receives a wristband and a towel in exchange for the Club Card at the Club reception.
- 3.8. The Member has the right to use individual safe deposit boxes located in the Club's reception area. The Member will be issued a key when using the safe deposit boxes which will be kept at the Club's reception during the Club session and will be issued to the Member upon request.
- 3.9. If the Club card, wristband, towel or other equipment issued by the Club is lost (or damaged) during classes, the Member must pay a fine, the amount of which is determined by the Club, and compensate the Club for the damages incurred.
- 3.10. The Member's personal belongings must be stored in the lockers while in the Club.
- 3.11. The Club is not responsible for any personal belongings left in the locker rooms or exercise areas.
- 3.12. It is not advisable for a Member to bring large personal items which exceed the size of the locker room closet onto the Club premises.
- 3.13. The Member is obligated to maintain cleanliness and order in all areas of the Club that he uses before, during and after his/her training sessions, observe the general hygiene rules as well as the rules for using and visiting certain areas of the Club.
- 3.14. In order to comply with the rules of general hygiene when entering the Club, the Member is recommended to use the shoe covers on outdoor shoes or change shoes.

- The Club administration has the right not to allow the Member to attend classes in street shoes. Wearing outerwear is permitted only in the reception and locker room areas. It is recommended to leave outerwear in the checkroom located in the Club's reception area.
- 3.15. The use of strong perfumes during and before Club activities is not permitted.
- 3.16. While in the Club, a Member is obliged to comply with and maintain the rules of public order and generally accepted standards of conduct, behave respectfully towards other Members and the Club staff, and avoid actions that create a danger to others. It is prohibited to inconvenience other Members, violate cleanliness and order and use foul language in their speeches. If a Member's actions pose a threat to his/her own life and health or the health of others or are contrary to generally accepted norms of morality and ethics, the Club Administration has the right to take measures against the Member in the form of his/her suspension from training (staying in the Club).
- 3.17. All of the Club's premises and grounds are non-smoking areas.
- 3.18. The Member is prohibited from being in the Club while under the influence of alcohol, drugs or other toxic substances (including the presence of obvious residual effects of such intoxication) and from carrying or consuming alcoholic or low alcoholic beverages, including beer, in the Club. If a Member shows signs of intoxication or residual intoxication, the Club Administration has the right to take measures against the Member by suspending him from training (staying in the Club).
- 3.19. Soft drinks in plastic containers may be consumed in the Club.
- 3.20. Members are not allowed to bring food or take food into the Club premises.
- 3.21. It is strictly prohibited to bring any type of firearms, gas and/or cold weapons into the Club premises.
- 3.22. It is prohibited to bring explosive, flammable, toxic or strong-smelling substances into the Club.
- 3.23. The Member is obliged to comply with the Club's operating hours, to visit the Club during its operating hours, to observe the time of entering and leaving the Club in accordance with clause 2.2 of the Regulations.
- 3.24. A member of the Club is obliged to attend classes and exercise in the Club in sportswear and footwear appropriate to the chosen type of exercise or training (gym, group exercise room).
- 3.25. It is prohibited to exercise in clothing with obvious national or religious symbols.
- 3.26. It is forbidden to attend classes and trainings with a naked torso.
- 3.27. Spiked shoes or shoes with heels over 2 cm are prohibited.
- 3.28. Changing into sportswear is only allowed in the Club's locker rooms.
- 3.29. All Club Members are strongly advised to have a medical examination by a physician prior to receiving services and to have regular medical examinations of their health. A Member must inform the Club in writing of the existence/emergence of any grounds or documented medical contraindications that may make the services provided under this Agreement unsafe for the Member's/ Guest's health. If a Member feels unwell during exercise (training), he/she must immediately stop the exercise (training) and ask the Club staff to call a doctor (ambulance) and provide first aid. If a Member feels unwell when no Club staff member is available, it is advisable to ask anyone nearby to assist and/or invite a Club staff member. In order to speed up the process of providing medical assistance, the Member is recommended to call a specialized organization for medical assistance on their own, if possible, and inform the Club's employees about the fact of its call. The Club is not liable for any damage to the Member's health caused by the training. When visiting the Club, the Member is recommended to have a medical certificate confirming the absence of health contraindications for participation in physical fitness and recreational activities, and to present it at the request of an employee of the Club. In the absence of a medical certificate, the Club reserves the right to refuse to allow the Member to use the Club's services. At the request of a Club employee, the Member must present a medical certificate of established form for admission to the swimming pool and/or participation in physical education, physical fitness and recreational activities held in the swimming pool.
- 3.30. By starting to use the Club's services, the Member confirms that he/she has no medical contraindications to the use of the Club's services, including those listed in Appendix 1 to these Rules. If the Member starts using the services of the Club without a medical certificate, all risks of negative consequences are borne by the Member.
- 3.31. The Member may only use the services of the Club's instructors. If the Member personally engages the Club's instructors or another instructor who is not an employee of the Club without paying money to the Club's cashier, then such actions of each such Member are a gross violation of the Club's rules and the Club has the right to unilaterally terminate the Contract with the Member without refunding the cost of services which will not be provided to the Member on the date of termination of the Contract.
- 3.32. Members of the Club are prohibited from conducting personal training sessions with other Members of the Club.
- 3.33. The Member may not enter or be on the Club premises with pets, wild animals, birds or reptiles.
- 3.34. The Member is prohibited from filming, videotaping and photographing in the Club's premises without obtaining prior written permission from the Administration of the Club.
- 3.35. It is prohibited for a member to use the Club's music and other technical equipment (including consoles in the sauna complex) without the permission of the Administration of the Club.
- 3.36. A member may not enter the Club's premises for official use unless specifically invited to do so.
- 3.37. A Club member may use the parking lot at the World Trade Center while visiting the Club. Parking conditions are determined by PJSC "ITC". In case of late payment for parking, the Club Administration has the right to block the card until the full debt is paid.
- 3.38. The Club is not responsible for the safety of the car of the Club Member located in the parking lot of the World Trade Center or the adjacent territory, as well as for the safety of the belongings inside it.
- 3.39. At the end of his/her visit to the Club, the Member must collect his/her personal belongings by emptying the locker room, return his/her wristband to the Club reception and receive his/her Club Card in exchange.
- 3.40. The Member has the right to send his/her comments, suggestions and recommendations on the services provided and other issues to the Club Administration.
- 3.41. In case of repeated (two or more times) violations of these rules by the Member, the Administration of the Club has the right to refuse the Member to visit the Club.
- 3.42. Those with disabilities may not use the Club's physical health and fitness services to the full extent due to their disabilities.
- 3.43. Club Members shall on a mandatory basis comply with the following requirements:
- undergo an introductory briefing (individual or group) before the initial visit to the Club
 - be attentive and move carefully in the locker rooms, showers and other rooms of the Club, always using special changeable, clean, stable and non-slip shoes
 - take responsibility for your health and be attentive and careful during your stay in the Club
 - if the Member becomes pregnant, she must inform the Club to that effect and provide the Club with a certificate from the antenatal clinic authorizing the Member to attend classes at the Club and receive the services of the Club
 - during pregnancy, only with the appropriate recommendations from the attending physician to participate in physical education, physical fitness and recreational activities, and an employee of the Club may deny the Member the right to participate in an event not permitted during pregnancy
 - visit the sauna and steam room in the presence of at least one other Club member or accompanying person in order to receive timely assistance in case of ill health
- A Club Member may not:
- visit the Club if he/she is feeling unwell or if his/her state of health and diseases, including chronic ones, prevent normal use of the services without causing harm to his/her health
 - use saunas and steam baths in case of medical contraindications

- use the services, additional services of the Club in case of poor health, in the acute period of illness and/or in the period of acute exacerbation of a chronic disease;
 - during pregnancy: attend physical education, fitness and other activities that are not intended for pregnant women, in particular, jumping, running, swinging (including during swimming); deep and sharp squatting; bending; active stretching and bending the back; various twisting and tilting that may do harm to a pregnant woman.
- 3.44. A Club Member must comply with the recommendations of the Club staff, recommendations and/or prohibitions/restrictions posted on information and/or warning, prohibition stands, or signs posted in the Club premises and/or on sports equipment.
- 3.45. It is prohibited for a Member to remove, change, obstruct, move the warning, information, restriction and other signs placed by the Club Administration, ignore these Rules, requirements and/or recommendations of the Club staff in connection with receiving the Services, restrictions and warnings placed at the Club in the form of instructions, signs, boards, announcements, etc.
- 3.46. The Club is not liable for any harm to the life and/or health of a Member resulting from:
- providing untruthful information to the Club about his/her health condition
 - acute or chronic illness of the Member
 - personal negligence of the Member
 - exercising in accordance with the Member's own program not coordinated with the Club's employee
 - violations of the Club Rules, and/or safety precautions and/or personal hygiene rules by the Member and/or recommendations of the Club personnel, recommendations placed on the information and/or warning, prohibitory signs or stands in the Club premises and/or directly adjacent to the sports equipment
 - actions committed by third parties
 - in other cases provided for by the Agreement or the Russian Federation law.
- 3.47. The Member bears the risk of adverse consequences if he/she fails to comply with the Rules, including the requirements and/or recommendations of the Club's employees regarding the provision of services, requirements and warnings posted in the Club in the form of instructions, signs, boards, announcements, etc. regarding the receipt of services.
- 3.48. If the Member violates these Rules, the Club reserves the right to refuse to provide the Services due to the Member's refusal to comply with the Rules, as well as the requirements and warnings posted on information boards in the Club premises, instructions and recommendations of the Club staff.
- 3.49. If the Club receives information, including documented information, about the Member's contraindications to using the Club's services, including those provided for by Appendix 1 to these Rules, the Club reserves the right to deny such Member any services or attendance of certain activities.

Rules concerning the use of and access to certain areas of the Club

4. Locker room usage rules

- 4.1. Closets in the locker room are used to store clothing, shoes and other personal belongings of the Members.
- 4.2. The key to the locker is issued to the Member at the reception desk in exchange for the Club Card and shall be returned to the Member upon completion of the training and use of the locker room.
- 4.3. In the locker room it is forbidden:
- to leave one's belongings outside the locker
 - leave your belongings in the locker after the end of the classes
 - drink alcoholic and low-alcoholic beverages, consume food
- 4.4. At the end of working hours, according to the Club's working hours, all lockers in the locker rooms shall be opened.
- 4.5. Items forgotten in the locker rooms and left in the lockers will be removed and handed over to the Club's Administration for safekeeping. All items found on the Club premises will be stored at the Club for 1 (one) month. If things are not claimed by the owner within the specified period of time, they will be disposed of.
- 4.6. General sanitary and hygienic requirements must be observed when using the locker room toilets.

5. Shower rooms usage rules

- 5.1. The Club's shower rooms are intended for taking showers before and after classes.
- 5.2. During the busiest hours it is necessary to observe the order of visiting the showers and not to occupy them for too long.
- 5.3. Do not bring shampoos and detergents in glass packaging into the showers to prevent cuts if they are broken.
- 5.4. Take your own detergents with you after showering.

6. Rules for visiting the gym

- 6.1. Before joining the gym, a Member is recommended to take an introductory personal training session with an instructor, included in the club card.
- 6.2. The validity period for introductory personal training sessions is 60 days from the date of activation of the club card.
- 6.3. If you have any questions about how to use this or that machine, as well as other questions, you should contact the instructor on duty at the gym.
- 6.4. It is necessary to comply with the safety and operating rules of the simulators.
- 6.5. Exercises with maximal weights in the gym may be performed strictly in the presence and under the supervision of a personal instructor.
- 6.6. In accordance with the ethical rules and out of respect for the other Members of the Club, you must control yourself and refrain from making loud noises and using obscene expressions while exercising.
- 6.7. Mobile phones should be switched to silent mode for the duration of the exercise.
- 6.8. At the end of the training, it is necessary to put away the equipment in the designated storage places.
- 6.9. For safety reasons it is forbidden in the gym:
- to wear shoes that are not designed for training (including slippers, except for gym slippers, high-heeled shoes, open shoes (including rubber slippers) and barefoot), as well as shoes that can destroy special floor coatings, otherwise change their properties, leave traces on them
 - exercising with a naked torso
 - move machines and any other equipment or gym equipment
 - lift weights without using latches
 - enter the exercise area of other Members of the Club
 - bring bags and other personal belongings into the gym
 - throw barbells, discs, dumbbells and other equipment on the floor
 - bringing in and drinking drinks in glass packaging
- 6.10. Any person responsible for damage to the Club's furniture, equipment and tools will be charged the cost of the damage.
- 6.11. In case of violation of the rules of visiting the gym area, the instructor has the right to ask the violator to leave the area.

7. Rules of operation and attendance of group programs room and boxing room

- 7.1. The Club recommends that the Member attends a special introductory training session conducted by an employee of the Club before attending physical training, fitness and recreational activities in the form of group training sessions.
- 7.2. Group training room is intended for general group training sessions of various types.
- 7.3. Boxing room is designed for both individual and group sessions.
- 7.4. Group sessions are held according to the schedule. The administration of the Club may change the current schedule in advance and replace the instructor in case of his/her illness, vacation, dismissal or other circumstances. The schedule of group classes shall be posted on the notice board and on the Club's website.
- 7.5. Classes must be attended according to the schedule, no tardiness. If a Member is more than 10 minutes late for a class, or if the Member's fitness level does not match the class requirements, the instructor may not allow the Member to attend the class.
- 7.6. To avoid injury when drinking water during the class, it is recommended to place the glass of water on stable surfaces. Care should be taken when moving around the room with the glass of water in hand. Spilled water must be immediately reported to the Club staff.
- 7.7. In group programs room and boxing room it is forbidden:
- to wear shoes that can destroy the special floor coverings, change their properties in any other way, leave traces on them.
 - Certain classes (yoga, pilates, oriental practices and martial arts) are performed barefoot,
 - use your own choreography and sports equipment without the appropriate instructor's permission,
 - use personal audio and video devices during classes
 - use cell phones
 - use perfume with a strong odor
- 7.8. All equipment and sports gear used during classes must be returned to the designated storage areas at the end of group and individual classes in the halls.
- 7.9. The cost of the damage will be charged to the parties responsible for damage to the furniture, equipment and tools.
- 7.10. The Member has the right to exercise independently in group programs rooms (using the additional equipment of this room) during the time free from group programs and personal training sessions.
- 7.11. In case of violation of the rules while visiting the area for group programs and boxing room, the instructor and/or trainer has the right to ask the violator to leave the area.

8. Rules for conducting and attending personal training sessions

- 8.1. Personal training is an additional service, not included in the cost of the club card and paid separately at the reception of the Club before the training in accordance with the approved price list of the Club.
- 8.2. Personal training is only conducted by the Club's personal trainer.
- 8.3. The duration of the personal training session is 60 minutes.
- 8.4. Registration for the personal training is made in advance, as agreed with the trainer.
- 8.5. If a Member is late for a personal training session, the time of the personal training session is reduced according to the time of delay.
- 8.6. Extension of the duration of the personal training for the time of delay is possible only with the consent of the trainer, if he/she has free time not occupied by the next personal training.
- 8.7. Cancellation or rescheduling of a personal training session (with retention of payment) can be made at least 12 hours before its start.
- 8.8. The personal trainer and the Club's receptionist must be informed about the cancellation or rescheduling of personal training sessions.
- 8.9. If a Member misses a personal training session or does not cancel or reschedule it in time, the unused training session is considered to be used. Personal training sessions missed by the Member are not compensated and the payment is not refunded.
- 8.10. The administration of the Club reserves the right to replace the personal trainer in case of his/her illness, vacation or dismissal.

9. Rules for pool operation and attendance

- 9.1. The parameters of the pool depth: from 1.4 m to 2.0 m.
- 9.2. Before the first pool visit the Member is recommended to have an introductory personal training session with the pool instructor included in the club card.
- 9.3. The Member must take a shower before each visit to the pool. It is not recommended to rub creams and ointments into the skin.
- 9.4. It is necessary to wear swimming clothes (sports swimsuit / swimming trunks, swim cap, rubber slippers, goggles if you wish) in the pool area.
- 9.5. In the swimming pool area, it is prohibited:
- to be in the pool area in clothes and shoes not designated for this purpose
 - to avoid injuries, it is prohibited to run on the tile surface of the pool area and jump into the water from the edge. Jumping from the edge in designated areas of the pool is allowed only with the permission and under the supervision of the pool instructor on duty
 - to visit the pool with open wounds, injuries, fungal and other skin diseases
 - to use the equipment and tools in the pool not for their intended purpose
 - bring bags, food, cell phones into the pool area
 - chewing gum while swimming
 - hang, sit or stand on the lane dividers
 - violate the rules of water movement (movement is counter clockwise, i.e., it is necessary to swim along the right side of the lane, overtaking shall be made from the left side of the other person).
- 9.6. Group aqua aerobics classes in the pool are held according to the established schedule. Information about the schedule of aqua aerobics classes is on the notice board and on the Club's website. The schedule may be changed in advance by the Club Administration. You must come to class according to the schedule, without tardiness. Late arrivals for more than 10 minutes (after the warm-up) may be dangerous to the Member's health, the instructor has the right not to allow the Member to attend the class.
- 9.7. The administration reserves the right to limit the free-swimming area during group activities, sports competitions, performances or shows.
- 9.8. The cost of damage to the furniture, equipment and tools in the pool area will be charged to the parties at fault.
- 9.9. In case of violations of the rules for visiting the pool area, the coach or the instructor on duty has the right to ask the violator to leave the pool area.
- 9.10. For safety reasons, the Club recommends that visitors enter the water by going down the stairs provided for the purpose, with their backs to the water, do not stop in the swimming lane area during the swim, except when completing the course in the turning area at the end board, and move to a safe place in the turning area of the swimming lane, facing other swimmers to prevent any possible collision, and furthermore, monitor the time spent by the Member and his/her child in the pool.
- 9.11. In case of no swimming skills and/or if not confident in the water, a visitor should warn the Club's employee on duty and only enter the water with the appropriate equipment (swim boards, muffs, etc.).
- 9.12. To avoid injuries, collisions, strong splashes, etc. while swimming in the pool, including when using equipment, the Member must keep a safe distance, not interfere and be attentive to other Members in the immediate vicinity.

10. Rules for visiting the Finnish sauna

- 10.1. Before entering the Finnish sauna, you should take a shower and remove your jewelry
- 10.2. For personal hygiene purposes, it is recommended that you bring a towel to spread out on the wooden shelves of the sauna during your visit to the sauna
- 10.3. In order to prevent injuries, asthma attacks, allergic reactions, as well as to observe the rules of general hygiene, it is forbidden when visiting the Finnish sauna:
 - to wear shoes, including rubber slippers, in the sauna. Shoes should be left before entering the sauna
 - use creams, exfoliants, scrubs, essential oils, honey, coffee, fragrances and other cosmetics, brooms and other substances that can contaminate the room and damage the sauna equipment
 - to visit the sauna with open wounds, injuries, fungal and other skin diseases
 - to touch the stone surfaces of the sauna stove and the equipment installed in the sauna
 - eat and drink
 - use the sauna to dry clothes and towels
 - independently regulate the temperature regime in the sauna, turn on and off the heating equipment and other devices in the sauna; pour water, aromatic and essential oils as well as other substances on the furnace and walls of the sauna
 - bring and/or use mobile and other electronic devices and printed materials in the sauna room
- 10.4. Members with skin sensitivities or hypersensitivities, including high temperatures, and those with relevant medical contraindications are strongly discouraged from using the sauna.
- 10.5. If a Member feels unwell while in the sauna, he/she must immediately leave the sauna and contact the Club staff.
- 10.6. Minors without legal representatives or accompanying persons are not allowed in the sauna.

11. Rules for visiting the Turkish bath

- 11.1. Always take a shower before and after visiting the Turkish bath.
- 11.2. Visiting the Turkish bath is allowed only in swimming suit and rubber slippers.
- 11.3. In order to prevent injuries, asthma attacks, allergic reactions and to comply with general hygiene rules it is forbidden to:
 - use strong perfumed fragrances;
 - use cosmetics (creams, exfoliants, scrubs, essential oils, honey, coffee, fragrances, etc.), twigs and other substances that can contaminate the room and damage the steam room equipment;
 - visit the steam room with open wounds, injuries, fungal and other skin diseases
 - eat food and drink beverages;
 - touch the equipment and temperature sensors installed in the steam room, pour water and any other substances on them;
 - stand in places where steam escapes in order to avoid steam burns. These places are marked with warning lines (markings);
- 11.4. independently change the temperature mode, level, direction and intensity of steam. It is not recommended for Members with high or low skin sensitivity, including to high temperatures, and who have relevant medical contraindications to visit the steam room.
- 11.5. If a Member feels unwell while in the steam room, they must immediately leave the room and contact the Club staff.
- 11.6. Minors without legal representatives or accompanying persons are not allowed in the steam room.

12. Additional Terms and Conditions of Providing Services to Minors Aged from 5 to 16

- 12.1. Additional terms and conditions of this Section apply to minors aged from 5 to 16 (a hereinafter referred to as a "minor") and are binding upon minors, their legal representatives and/or accompanying persons. Children under the age of 5 shall not be allowed to visit the Club. Pursuant to the provisions of the National Standard of the Russian Federation "Fitness Services. General Requirements for Fitness Facilities. GOST R 57116-2016" children aged from 5 to 7 are only allowed to visit adult swimming pools to attend private classes. Children aged from 7 to 13 are only allowed to visit adult pools to attend private classes or special group classes intended for such age group, or if they accompanied by parents.
- 12.2. Minors may only enter the Club if accompanied by a legal representative or an accompanying person.
- 12.3. A legal representative of a minor (or an accompanying person) who is not a Member of the Club is allowed to enter the Club premises upon presentation of an identity document at the Club reception.
- 12.4. An accompanying person is a natural person over the age of 18 who, upon written request to the Club from one of the minor's legal representatives, is authorized to accompany the minor while he or she is in the Club.
- 12.5. A minor's legal representative (or accompanying person) who is not a Member of the Club must remain in a designated area of the Club while the minor is attending a physical education, fitness or other activity in the form of a class with a Club employee and not interfere with the Member's use of the Club's services.
- 12.6. If an accompanying person is replaced, one of the minor's legal representatives must notify the Club in advance by submitting a written notice to the Club reception.
- 12.7. A minor's legal representative (or accompanying person) who is not a Member of the Club must change to clean indoor footwear or wear shoe covers while in the Club.
- 12.8. Legal representatives/accompanying persons are personally responsible for minors while in the Club. The Club is not responsible for minors who are unattended by their legal representatives/accompanying persons.
- 12.9. One of the legal representatives and/or an accompanying person must be present at the Club for the entire duration of the minor's stay at the Club.
- 12.10. Prior to a minor's participation in a physical training, fitness or other activity conducted as a class by a Club employee, the legal representative and/or accompanying person must inform the Club's employee of the person who will be accompanying the minor after the end of the activity.
- 12.11. A legal representative or an accompanying person must accompany the minor from one training area of the Club to another training area of the Club in order for the minor to attend physical education and recreational activities in the form of classes with an employee of the Club as specified in the Club's schedule.
- 12.12. To attend events provided for by the Club schedule, minors may move between the Club's training areas unattended, provided that a respective notice in writing has been given by one of their legal representatives.
- 12.13. The Club recommends that legal representatives and/or accompanying persons dress minors in comfortable clean sports uniforms and shoes. In order to participate in physical training, fitness and other activities in the pool, minors must have bathing suits, caps, slippers, towels, other bathing accessories and an additional set of clothes and footwear.
- 12.14. Minors and/or their legal representatives and/or accompanying persons may use the locker, safe deposit box at the reception desk. Minors may only change clothes in the Club locker rooms.
- 12.15. The participation of minors in additional paid physical education, physical fitness and other activities held within the Club's schedule is carried out for an additional fee on the basis of the Club's current price lists.
- 12.16. Attendance by minors of sports, fitness and other activities in the form of group activities for adults is FORBIDDEN.
- 12.17. For safety reasons, minors are not recommended to be in the swimming pool, sauna, jacuzzi or steam room without being accompanied by an adult.

- 12.18. A Club employee may for safety reasons terminate the participation of any minor in an event, if such minor reacts inadequately to the employee's commands or if there is reason to believe that his/her behavior may harm himself/herself, other minors, the Club staff, Club Members or their property and/or the Club's property.
- 12.19. The Club shall not be liable for any harm to a minor's health resulting from failure by such minor to follow the requirements/recommendations/instructions of a Club employee.
- 12.20. Activities for minors shall be held according to the Club's schedule. The Club reserves the right to unilaterally amend the Club's schedule and/or change the employee conducting such activities.
- 12.21. In order to ensure the safety and enhance the effectiveness of training processes, minors may only attend physical, fitness and recreational activities in accordance with the age specified in the schedule of each Club session. An employee of the Club may not allow a minor to participate in physical, fitness and recreational activities that are inappropriate for his/her age and/or physical development.
- 12.22. Legal representatives and/or accompanying persons shall bring minors to participate in the activities in a timely manner and pick them up after the events are over. In order to avoid injury and disorganization, minors who are more than 15 minutes late to the beginning of the activities shall not be allowed to participate in the activities.
- 12.23. During activities held for minors in the form of classes conducted by a Club employee, a minor shall be under the supervision of such Club employee. Until the beginning and immediately after a class conducted by the Club's trainer, a minor shall be under the supervision and responsibility of one of his/her legal representatives and/or accompanying person. Legal representatives/accompanying persons are personally responsible for children when they are at the Club. The Club shall not be responsible for children who are not supervised by their legal representatives/accompanying persons, except where children's classes are supervised by authorized Club employees, in which case the responsibility lies with the Club. One of the legal representatives and/or the accompanying person must be present at the Club for the entire duration of the child's attendance.
- 12.24. Before using the Club's services, it is recommended to provide a medical certificate on the absence of contraindications for the minor to participate in physical training and recreational activities.
For children of preschool and primary school age visiting the swimming pool, a certificate of parasitological examination for enterobiasis is required. The certificate shall be provided in as follows:
- before admission to the pool swimming group (class) (and at least once every three months thereafter)
- for single visits - before each visit, if the period between visits is more than two months.
The availability of the aforesaid medical certificate shall be monitored by the Club administration.
- 12.25. Pursuant to sanitary rules SP 2.1.3678-20 "Sanitary and Epidemiological Requirements for the Operation of Premises, Buildings, Structures, Equipment and Transportation Facilities, as well as the Operation Conditions of Business Entities Selling Goods, Performing Work or Providing Services" approved by Resolution of the Chief State Sanitary Doctor of the Russian Federation No. 44 dd. 24.12.2020, the pool is not suitable for children under 5 years old. The pool does not meet the temperature and depth requirements set for children's and training pools by the aforesaid sanitary rules SP 2.1.3678-20. The sanitary rules referred to in this clause may be amended by regulations issued by authorized bodies. In the event of such changes, the new effective sanitary regulations shall apply.
- 12.26. Minors below 100 cm in height are only allowed to use the pool in inflatable muffs or vest.
- 12.27. Minors may use the pool only if accompanied by a legal representative or accompanying person who is a Member of the Club, or under the supervision of an employee of the Club (personal trainer).
- 12.28. When minors are swimming in the pool, accompanying adults (Club employee and/or legal representative (accompanying person) who is a Member of the Club) are prohibited from letting them out of their sight, having first explained the rules of conduct on the water.
- 12.29. Activities with a minor in the pool shall take place in a designated pool lane (or designated pool area). A minor may dive into the pool for an activity only after the Club's coach commands it. The minor must leave the pool immediately after the Club coach has completed the pool session. A legal representative and/or accompanying person must be present with the minor immediately after the completion of the pool session or immediately after the minor uses the sauna, steam room and/or whirlpool and ensure that the minor is in compliance with these rules for admission to the Club. While participating in physical education, fitness and recreational activities with a Club employee in the pool, legal representatives or accompanying persons who are not members of the Club must wait for minors in a designated area of the Club outside the pool area.
- 12.30. The pool area may be restricted to other Club Members for the duration of sport, fitness and recreational activities in the form of a minor's session with a Club employee.
- 12.31. Minors may use the sauna, steam room, Jacuzzi and/or showers provided that the minor is under the direct supervision of a Club employee and/or legal representative (accompanying person) who is a Member of the Club.
- 12.32. Subject to clause 12.25 of the Rules, participation of Minors in physical education, fitness and recreational activities in the pool is only allowed in a specially designated pool lane.

13. Additional Terms and Conditions and special features of providing services to persons with disabilities

- 13.1. For the purpose of this section of the Rules the term - persons with disabilities is used. Such persons include:
- individuals who have difficulties in moving around independently, receiving services, obtaining necessary information or navigating in space
- individuals who have health impairments with an enduring impairment of the functions of the body caused by diseases, the consequences of trauma or defects, leading to a limitation of activities of daily living and causing the need for social protection
- individuals who are temporarily or permanently unable to receive the Club's services without assistance and/or without creating special conditions and using additional special technical means to receive the Club's services
- 13.2. A person with a disability may only be in the Club and use the services of the Club when accompanied by a person who is responsible for the safety of the person with a disability in the Club. A chaperone is an individual over the age of 18 who is a Member of the Club or who is permitted access to the Club for the personal supervision of a person with a disability and who is not entitled to use the Club's services and equipment for personal purposes.
- 13.3. In the absence of an attendant, a person with a disability may enter the Club and use the services of the Club if the person with a disability signs a receipt stating, among other things, but not limited to, that
- individual is capable of moving around the Club without assistance and self-care while in the Club
- individual has no contraindications to exercising with personal trainers
- individual has provided reliable information about his/her health condition necessary for the provision of services
- infrastructure, layout and equipment of the Club is sufficient and accessible for the independent movement of the person, as well as the use of the services of the Club
- 13.4. The Club does not have a medical room, medical staff on duty or a sports doctor.
- 13.5. The Club's staff does not have special knowledge of providing qualified medical and other assistance to persons with disabilities.
- 13.6. The Club is not equipped with special sports equipment and equipment for physical training and sports activities for persons with disabilities taking into account their disabilities and limitations of vital activity.
- 13.7. The Club's swimming pool is not equipped with special devices for lowering into the water of persons with disabilities.

- 13.8. The Club does not provide facilities for people with disabilities to engage in physical education and sports in specialized groups taking into account their disabilities.
- 13.9. The Club does not have employees specially trained for physical training and sports activities for persons with disabilities.
- 13.10. The Club does not provide support for persons with disabilities with qualified medical and other assistance.
- 13.11. The Club may provide a person with disabilities with a personal trainer for a fee during their stay at the Club, but the functions of the personal trainer do not include the provision of rehabilitation services to the person with disabilities if they have injuries or illnesses.

14. Terms and rules of visiting the Club on a guest visit

- 14.1. A guest visit is a type of visit to the Club that involves the use of Club services for the purpose of deciding on the purchase of a Club card and joining the Club.
- 14.2. A guest visit is carried out on a one-time basis.
- 14.3. The guest visit is granted on a complimentary basis, provided in accordance with the type of membership and club card of the current Club Member and applies to his/her acquaintances and relatives (hereinafter referred to as the "Guest").
- 14.4. The number of guest visits for an existing Member is fixed in the Contract for the provision of fitness and sports services and may not exceed 5 visits. The guest visit is provided to a particular Guest on a one-time basis. Repeated use of guest visits by the same person is not allowed.
- 14.5. A guest visit shall be carried out by a Guest in the presence of a current Club Member.
- 14.6. The Guest Visit may be arranged at the Club's Sales Department during its normal business hours, upon presentation of the Guest's identification document in the presence of the Member who has granted the Guest the right to the Guest Visit.
- 14.7. The Club Sales Department will record the number of Guest Visits remaining with the current Member while the Guest Visit is being processed.
- 14.8. After the guest visit has been processed at the reception, the Guest is given a wristband and a towel. Also, at the request of the Guest, he may be provided with an individual safe deposit box.
- 14.9. A single visit is valid from the moment the Guest enters the Club (activation of the wristband at the reception of the club) until the moment the Guest leaves the Club premises (handing over the wristband at the reception).
- 14.10. A Guest visiting the Club as a guest shall be considered a Member of the Club for the duration of his/her stay in the Club and shall be subject to the applicable Club Rules.
- 14.11. Prior to the start of the guest visit, the Guest is obliged to read the Club Rules, sign them and comply with them for the entire duration of his/her stay in the Club.
- 14.12. The list of services for the guest visit includes:
- the right to use the sports areas
 - the right to use the dressing rooms and shower facilities
 - the right to use other facilities intended for the members of the Club
 - for an additional fee the guest may use paid services according to the Club's Price List
- 14.13. After visiting the Club, the Guest must return the wristband, towel and the key to the individual safe deposit box (in case the Guest has used the safe deposit box) to the Club reception.

15. Terms and conditions of one-time visits to the Club

- 15.1. A one-time visit is a type of visit to the Club which involves a single use of the Club's services under the terms and conditions set forth in the applicable Club Price List.
- 15.2. A single visit applies to any individual (hereinafter the "Guest") wishing to use the Club's services for a fee in accordance with the Club's Price List.
- 15.3. The number of single visits is unlimited.
- 15.4. The registration of a single visit shall be made at the Club's Sales Department during its opening hours upon presentation of the Guest's identity document or other document identifying the Guest.
- 15.5. The Guest makes a 100% prepayment for single visits to the Club in accordance with the Price list at the Club reception prior to the start of the session. Each subsequent single visit to the Club is paid by the guest separately.
- 15.6. After the registration of a single visit, a wristband and a towel will be issued to the Guest at the Club's reception. At the request of the Guest an individual safe deposit box can also be provided.
- 15.7. A single visit is valid from the moment the Guest enters the Club (activation of the wristband at the Club reception) until the moment the Guest leaves the Club premises (handing over the wristband at the reception).
- 15.8. Guests visiting the Club as part of a one-time visit are considered Members for the duration of their stay in the Club and are subject to the applicable Club Rules.
- 15.9. Prior to a single visit, the Guest is obliged to read the Club Rules, sign them and adhere to them throughout his/her stay in the Club.
- 15.10. The list of services for a single visit includes:
- the right to use the sport areas
 - the right to use the locker rooms and shower rooms
 - the right to use other facilities intended for the members of the Club
 - For an additional fee the guest may use fee-based services in accordance with the Club's Price List
- 15.11. After visiting the Club, the Guest must return the wristband (and the key to the individual safe deposit box, in case the Guest has used the safe deposit box) to the Club reception.

16. Special terms applicable to payments for Club Services using Internet acquiring facilities

- 16.1. At the discretion of the Club Administration, a Club Member (Guest) may pay for the Services using Internet acquiring facilities. The Club shall send the Member (Guest) a payment link to the Club Member's (Guest's) electronic mail address or cell phone number.
- 16.2. Payment for the Services shall be made by the Club Member (Guest) on the date the payment link is sent by 100% prepayment on or before the Services commencement date specified in the type of Club Membership selected by the Guest.
- 16.3. Payments shall be made in Russian rubles by transfer of funds to the WTC Fitness LLC's settlement account.
- 16.4. A confirmation document (payment slip) shall be sent to the electronic mail address or cell phone number specified by the Club Member (Guest) as proof of payment.
- 16.5. In case of cashless payment for the Services the date of funds receipt into WTC Fitness LLC's settlement account shall be deemed to be the payment date.
- 16.6. By paying for the Club's Services in the manner specified in this section, the Club Member (Guest) confirms that he/she has read and understood these Rules and undertakes to comply with them.

- 16.7. Having paid for the Club Services using the Internet acquiring facility prior to the Services Commencement Date specified in the Membership type selected, the Club Member (Guest) should visit the Club to execute and sign the Agreement for the Provision of Physical Fitness and Sports Services. The Club Member (Guest) must have his/her identification document with him/her.
- 16.8. The money paid for the Services with a bank card using the Internet acquiring facility, which were not rendered, shall be refunded to the Club Member's (Guest's) bank account to which the bank card used for payment is tied.
- 16.9. The Club shall not be liable for the actions of the payment card issuing bank, as the time it takes for funds to be actually credited to the payment card is governed by the contractual relations between the payment card holder and the payment card issuing bank.

I have read and understood this Appendix, fully AGREE to terms and conditions hereof and undertake to abide by them.

Club Member _____ / _____ /
Signature Full name

General Director of WTC-Fitness LLC _____ / I.A. Drozdova /
signature

The list of medical contraindications to the classes in the Club.

In the case of visiting the Club, the Member declares and guarantees that he/she has no medical contraindications to attend training, sports, including not having the diseases listed below and other impediments to sports, fitness and obtaining physical fitness and sports services. The Club is not liable for any harm to the Member's life or health as a result of the Member providing untruthful information about the Member's health status. The Member is informed about medical contraindications for fitness services of the respective types and independently makes a decision on the possibility to receive fitness services or on the need for further consultation with the attending medical professional to determine the suitability of his/her health condition or current state of health to the chosen type of physical activity.

1. Acute infectious diseases.
2. All illnesses in the acute (active) phase.
3. Chronic diseases in the period of exacerbation (decompensation).
4. Mental illnesses.
- 4.1 Neuropsychiatric diseases. Traumas of the central and peripheral nervous system. Persons who have had closed traumas of the brain and spinal cord, with instrumental confirmation of the absence of signs of damage to the central nervous system may be admitted to sports no earlier than 12 months after full recovery (not recommended injury-prone sports).
5. Organic diseases of the central nervous system.
6. Malignant neoplasms. Benign tumors - until complete cure.
- 7. Diseases of the musculoskeletal system:** deforming polyarthritis (arthritis), spondylarthritis (of different etiology, with a progressive course and severe violation of the function of the joints and the presence of pain syndrome).
8. Collagen diseases (diffuse lesions of connective tissue and vessels).
- 9. Diseases of the respiratory organs:**
 - 9.1. diseases occurring with respiratory or pulmonary heart failure over degree I;
 - 9.2. bronchial asthma with frequent, prolonged, difficult to cure attacks;
 - 9.3. chronic bronchitis with a tendency to frequent exacerbations and the presence of a sharply pronounced bronchospastic component;
 - 9.4. bronchiectasis disease until complete clinical cure;
 - 9.5. interstitial pneumonia with recurrent course.
- 10. Diseases of the cardiovascular system:**
 - 10.1. cardiac aortic aneurysm;
 - 10.2. arrhythmias (complex rhythm and conduction disorders, monotonic extrasystole, atrial fibrillation, paroxysmal tachycardia);
 - 10.3. blockade of the left Gisa bundle or its branches;
 - 10.4. diseases with circulatory insufficiency of higher than I degree (according to Vasilenko-Strazhesko)
 - 10.5. angina pectoris with frequent attacks;
 - 10.6. postinfarct cardiosclerosis (with this diagnosis, the possibility of receiving services is decided on a case-by-case basis);
 - 10.7. presence of myocardial scarring on ECG (in the absence of myocardial infarction in the anamnesis and complaints at the moment of examination) with distinct ECG signs of expressed insufficiency of cardiac muscle circulation;
 - 10.8. hypertension with frequent crises, as well as systolic blood pressure over 200 mm Hg or diastolic blood pressure over 110 mm Hg;
 - 10.9. hypertension of a primary or secondary character or if the systolic blood pressure is lower than 90 mm Hg;
 - 10.10. patients operated on for congenital or acquired heart defects or coronary insufficiency - earlier than 3 months after the operation (further, the possibility of receiving services is determined in each individual case, depending on the outcome of the operation, complications, cardio- and general hemodynamic conditions, and previous motor activity);
 - 10.11. Morgagni-Adams-Stokes syndrome.
- 11. Illnesses of the digestive organs:**
 - 11.1. stomach operated for decompensation of digestive organ function;
 - 11.2. chronic pancreatitis with recurrent course in the presence of enzymatic insufficiency;
 - 11.3. gastric ulcer (duodenal ulcer) with a tendency to frequent relapses or in the presence of significant digestive organ dysfunction and eating disorders or pronounced pain syndrome.
- 12. Diseases of the liver and biliary tract:**
 - 12.1. cirrhosis of the liver (of any aetiology), recurrent with a progressive course or signs of liver failure;
 - 12.2. chronic hepatitis (hepatic dystrophy, hepatosis), recurrent with expressed functional disorders;
 - 12.3. chronic cholecystitis of calculous etiology, accompanied with attacks of hepatic colic or recurrent jaundice;
 - 12.4. chronic anticholitis with attacks of hepatic colic and biliary excretion disorders;
 - 12.5. secondary chronic pancolitis due to pancreatic secretory function disorder.
- 13. Diseases of the kidneys and urinary tract:**
 - 13.1. chronic diffuse glomerulonephritis of recurrent course with signs of renal failure;
 - 13.2. chronic interstitial nephritis of different genesis in the presence of signs of renal insufficiency;
 - 13.3. chronic pyelonephritis with recurrent course, the presence of marked functional disorders or complications (hydronephrosis, hypertension);
 - 13.4. lipid amyloid nephrosis.
- 14. Endocrine gland diseases:**
 - 14.1. hypoglycemic disease;
 - 14.2. hypothyroidism, myxedema (primary or secondary form) of severe course;
 - 14.3. diabetes mellitus; diabetes mellitus (primary or secondary) with a moderate or severe course or with complications (ketoacidosis, vascular lesions, polyneuritis, etc.);

14.4. diffuse toxic goiter (thyrotoxicosis, Graves' disease) - severe form; endemic goiter with expressed hyper- or hypofunction of the gland;

14.5. chronic thyroiditis;

15. Diseases associated with metabolic disorders:

15.1. obesity of secondary genesis (diencephalic, hypothyroid, hypogenital, in the Itsenko-Cushing syndrome);

15.2. gout with a progressive course or expressed pain syndrome.

16. Pathological menopause.

17. Traumas and diseases of the eyes and ENT organs.

Persons with temporary functional disorders after exacerbation of chronic diseases of the eyes and ENT organs, their injuries and surgical treatment are allowed to participate in sports after complete recovery.

Contraindications to certain types of activities.

Contraindications to the use of endurance tests:

18. Absolute contraindications:

18.1 Circulatory insufficiency.

18.2 Myocardial infarction (when applying for services earlier than 3 months from the date of the disease).

18.3 Rapidly progressive or unstable chest pain.

18.4 Hypertension of the II-III degree, with a systolic blood pressure above 200 mmHg, diastolic - above 120 mmHg.

18.5 Ventricular tachycardia.

18.6. Severe aortic stenosis.

18.7 Active or recently suffered thrombophlebitis.

18.8 Acute and chronic diseases in the acute stage.

18.9 Features of physical development:

- Severely pronounced retardation in physical development, preventing the performance of exercises and standards; sharp disproportion between the length of the limbs and the torso.
- All types of deformities of the upper extremities, excluding or making it difficult to perform various sports exercises.
- Severe deformity of the chest, making it difficult for the organs of the chest cavity to function.
- Severe pelvic deformity affecting body statics or impairing walking biomechanics.
- Shortening of one lower extremity by more than 3 cm, even with a full-fledged gait; pronounced inward (X-shaped curvature) or outward (O-shaped curvature) leg curvature with a distance between the inner femoral condyles or inner ankles of the tibia bones of more than 12 cm.

19 Relative contraindications:

19.1 Frequent supraventricular extrasystoles, atrial fibrillation.

19.2 Recurrent or frequent ventricular, ectopic activity.

19.3 Pulmonary hypertension.

19.4 Ventricular cardiac aneurysm.

19.5 Moderate aortic stenosis.

19.6. Uncontrolled metabolic diseases (diabetes mellitus, thyrotoxicosis, myxedema).

19.7. Significant cardiac enlargement.

20. Contraindications to participation in fitness activities:

Absolute contraindications:

20.1. scoliosis complicated by inferior flaccid paraparesis, requiring the wearing of a special corset to unload the spine;

20.2. flatfoot of degree III;

20.3. disorders of the ligament apparatus of joints;

20.4. some benign tumors of the bone system;

20.5. uncompensated injury of the spine;

20.6. various types of fractures and post-traumatic conditions;

20.7. mental disorders and borderline mental states;

20.8. violation of the ligament apparatus of the knee joint (unstable joint);

20.9. Bekhterev's disease;

20.10. complicated fracture of the spine with damage to the spinal cord;

20.11. epilepsy with convulsive seizures, accompanied by loss of consciousness;

20.12. expressed and frequent dizziness;

20.13. mental diseases of varying severity;

20.14. severe illnesses of internal organs, which prevent the prescription of dancing physical activity (diabetes mellitus, arterial hypertension, tumors, etc.);

20.15. tuberculosis of bones and joints;

20.16. a number of benign tumors of the bone system (e.g., fibrous dysplasia), which contribute to the development of pathological bone fractures;

Relative contraindications:

20.17. the presence of oncological diseases (with this diagnosis, attendance is possible only with a certificate from the attending physician)

20.18. after craniocerebral injuries and heart attack (with this diagnosis, attendance is possible only with the attending physician's certificate).

21. Contraindications to aerobic exercise:

21.1. diseases of the cardiovascular system;

21.2. high blood pressure;

21.3. advanced osteochondrosis (degenerative changes of the spine, including protrusion and herniated discs);

21.4. varicose veins.

22. Contraindications to dancing classes:

22.1. exacerbation of stomach ulcer and duodenal ulcer;

22.2. any diseases of the liver and pancreas;

22.3. uncompensated kidney diseases;

22.4. intervertebral disc hernia;

23. Contraindications to strength training:

23.1 Absolute contraindications: severe forms of bronchitis and asthma;

23.2 Relative contraindications:

- varicose veins (sitting-lying exercises are acceptable in the initial stage of the disease)
- neurocirculatory (vegetative-vascular) dystonia;
- high myopia (this diagnosis requires a certificate from an ophthalmologist to attend classes)

This list is non-exhaustive. If the Club Member is aware of any other diseases that prevent (limit) sports activities, he/she must notify the Club to that effect and stop the activities, otherwise the Club Member shall be solely responsible for his/her health.

If there are any relative contraindications to attending certain types of activities, the Club Member should have a medical certificate confirming permission to attend such activities.