

# **CSOIA GYM'S RULES & REGULATIONS**

- 1) CSOIA Gym is open to all MEMBERS & their DEPENDANTS.
- 2) Members using the Gym facility should be dressed in sports attire along with jogging/sports shoes.
- 3) As the Gym's equipments, especially the treadmills are extremely sensitive to dirt, debris, stones, etc, Members are requested to ensure that their shoes are clean and free from dirt or debris before entering the Gym.
- 4) Everyone using the Gym is requested to sanitize equipment after use. Please ask Gym trainer for sanitizer & napkins.
- 5) Please refer to the Physical Instructor's or Trainer's instructions before using any equipment.
- 6) Food/snacks are not allowed inside the Gym.
- 7) Photography is strictly prohibited if other members are in the background.
- 8) Children below 16 years are not allowed in the gymnasium.
- 9) THE GYM TIMINGS ARE AS FOLLOWS:  
  
MORNING- 6.00 AM till 1.00 PM  
  
EVENING- 2.00 PM till 9.00 PM