



GENERAL GYM RULES AND REGULATIONS



ATHLETIC SHOES ARE REQUIRED IN ALL EXERCISE AREAS,
NO BARE FOOT TRAINING



NO SKATE BOARDING, ROLLER BLADING OR CYCLING
ON THE TENNIS COURTS



NO SHIRTLESS TRAINING IS PERMITTED



MEMBERS ARE REQUIRED TO BRING AND USE THEIR
OWN TOWELS DURING TRAINING



MEMBERS ARE ASKED TO WIPE THE EQUIPMENT AND PLACE
WEIGHTS BACK ON INDIVIDUAL RACKS AFTER USE



ENTRY OF GYM AREA AND USE OF GYM EQUIPMENT IS
NOT PERMITTED BY MINORS UNDER THE AGE OF 14



MINORS UNDER 14 YEARS MAY ONLY BE ALLOWED IN
THE POOL UNDER ADULT SUPERVISION



THE USE OF THE GYM IS NOT RESERVED FOR HOA MEMBERS



NON-HOA MEMBERS OR FRIENDS OF HOME OWNERS ARE
PERMITTED TO PAY A R50 DAY PASS TO USE THE GYM / HEALTH CLUB



POOL MEMBERSHIPS ARE NO LONGER IN USE



MEMBERS NOT ADHERING TO THE RULES WILL BE SUBJECTED TO
PENALTIES AND/OR THE SUSPENSION OF USING THE GYM AND/OR
OTHER FACILITIES, AS SET OUT IN THE ESTATE RULES
TRANSGRESSION CHART (ERT) PUBLISHED ON THE WEBSITE
WWW.VALDEVIE.CO.ZA