



NOTICE

Revised Bye-Law on The Gym

We have revised the following Bye-Law, which will take effect from **21 September 2017 (Thu)**.

| Bye-Law No. | EXISTING BYE-LAW | Bye-Law No. | REVISED BYE-LAW |
|-------------|--|-------------|--|
| 36 | The Gym | 36 | The Gym |
| (1) | <p>Operating Hours The Gym will be opened daily for members only with operation hours as follows: Mondays to Fridays (inclusive Eve of Public Holidays) : 5.45am to 10.30pm Saturdays, Sundays & Public Holidays : 5.45am to 10.00pm Gym hours may be adjusted depending on members' utilization times.</p> | (1) | <p>Operating Hours The Gym is open daily as follows: Mondays to Fridays (inclusive Eve of Public Holidays): 5.45am to 10.30pm Saturdays, Sundays & Public Holidays : 5.45am to 10.00pm</p> |
| (2) | Children | (2) | Children—No change. |
| (3) | <p>Guests No guests are allowed in the Gym at all times.</p> | (3) | <p>No Guests Allowed The Gym is exclusive to members. Guests are not allowed in the Gym at all times unless looking for their host members with assistance from the Fitness Trainer.</p> |
| (4) | Attire | (4) | Attire |
| a) | Members in wet attire are not permitted in the Gym. | a) | <i>No change.</i> |
| b) | Members who perspire in the course of their workout must dry themselves and their equipment before continuing to use the equipment or proceeding to another workout station. | | <i>Moved to Sub-paragraph (5)(h).</i> |
| c) | <p>The only form of acceptable dress code will be: T-shirts/singlets, shorts, tracksuits, rubber sole sports shoes.</p> | b) | <p><i>Re-ordered.</i> The only acceptable attires are T-shirts, singlets, shorts, tracksuits and rubber-sole sports shoes.</p> |

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| (4) | Attire (Cont'd) | (4) | Attire (Cont'd) |
| d) | Members must use a towel (minimum size 60cm x 30cm) at all times when using gym equipment. | c) | <i>Re-ordered.</i> |
| (5) | Prohibitions | (5) | Prohibitions |
| g) | Every member is allowed to use one machine at any one time and is not allowed to reserve a second machine when he is using the first machine. | g) | A member is allowed to use only one machine at any one time and is not allowed to reserve a second machine when he is using the first machine except as specified in Sub-paragraph (7). |
| h) | | h) | <i>Moved from Sub-paragraph (4)(b).</i> Members are to wipe the machine dry of sweat after exercise and before proceeding to another machine. |
| (6) | Admission | (6) | Admission |
| | Members shall register their attendance via their membership card. | | Members shall register their attendance upon entering the gym at the Counter. |
| (7) | All Cardio Machines | (7) | Cardio Machines |
| a) | Members using these machines must follow the following Rules: | a) | Members using these machines must follow the following Rules: |
| (i) | | (i) | <i>Moved from Sub-paragraph (7)(a)(iii).</i> Maximum time allowed for use of each machine is 30 minutes (excluding the cool-down time). |
| b) | | b) | Where applicable, members must: <i>(i) & (ii)—No change.</i> |
| (iii) | Maximum time allowed for usage of each machine is 30 minutes (plus the cool down time). | | <i>Moved to Sub-paragraph (7)(a)(i).</i> |



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| (7) | All Cardio Machines (Cont'd) | (7) | Cardio Machines (Cont'd) |
| (iv) | When the machine is available, the member (Member A) whose name is next on the Register must use the machine immediately. (A maximum grace period of 2 minutes is allowed). If Member A does not use the machine immediately, the registration and queue position is deemed to be cancelled and another member, whose name is next on the Register may use the machine immediately. Member A, whose name is cancelled may rejoin the Register and queue at the bottom of the list. | (iii) | <i>Re-ordered.</i> When the machine is available, the member (Member A) whose name is next on the Register must use the machine immediately (a maximum grace period of 2 minutes is allowed). If Member A does not use the machine immediately, the registration and queue position are deemed to be cancelled and another member, whose name is next on the Register may use the machine immediately. Member A whose name is cancelled may rejoin the register at the bottom of the list. |
| (v) | Indicate time of commencement and time of completion of the exercise on the Register. | (iv) | <i>Re-ordered.</i> |
| (vi) | After exercise, wipe machine dry of sweat. | | <i>Removed. Repetitive of Sub-paragraph (5)(h).</i> |
| (vii) | No advance bookings of the machines are allowed. | | <i>Removed. Repetitive of Sub-paragraph (7)(a)(iv).</i> |
| (8) | Penalty | (8) | Penalties |
| (ii) | Thereafter, a written warning from the Management. | (ii) | (a)(i)— <i>No change.</i> Repeated offenders will be issued a written warning from the Management. |
| (iii) | Finally, disciplinary action will be taken. | (iii) | Disciplinary action will be taken against recurrent offenders. |
| (9) | Indemnity | (9) | Indemnity—No change. |

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CLUB MANAGEMENT
5 September 2017

