

# Rules FITNESS ROOM



For a safe and accident-free stay!



Montela Hotel & Resort guests can use the fitness room free of charge at their own risk.

## GENERAL USE

- Use is only permitted **for guests of the Montela Hotel & Resort**.
- **Use of the equipment and installations is at your own risk.** The hotel **accepts no liability for accidents or injuries.**
- **Children and young people under the age of 16** are only permitted access if accompanied by an adult.
- **Only listen to music with headphones**, avoid phone calls and **minimise unnecessary noise or disturbing noises.**
- **Return** weights and other equipment to the designated place **after use.**
- Pay attention to other guests, do not block paths and **use equipment appropriately.**

## HYGIENE & CLEANLINESS

- **Towel obligation:** Please place a towel underneath to avoid direct skin contact with the equipment.
- **Clean equipment:** Clean all equipment after use with the disinfectant wipes provided.
- **Appropriate clothing:** Wear sports clothing and clean sports shoes (no street shoes or inappropriate clothing).

## FOOD & DRINK

- **Food is not permitted in the fitness room.** Please consume food outside the training area.
- Drinks are permitted, but **only in sealable bottles** to avoid spillages.

## SAFETY & RESPONSIBILITY

- The hotel accepts **no liability for lost items and valuables.**
- **Please report any complaints or damage immediately to reception.**
- **In case of accidents** or problems, please inform reception immediately.



**Opening hours: 07:00 am - 10:00 pm**