



Doubletree by Hilton Moscow - Marina, Chavana Spa and Fitness Center regulations

The following regulations are presented for the safety as well as the enjoyment of DoubleTree by Hilton Moscow - Marina Hotel residents, Fitness center members and Chavana Spa visitors. We ask that you adhere to these to the fullest extent. Fitness center offers you the following facilities: gym, pool, Jacuzzi, finish sauna, hammam.

1. Fitness center is for the exclusive use by DoubleTree by Hilton Moscow - Marina Hotel residents and Fitness center members only. Please register and check with Fitness center Reception for information.
2. Children under the age of 16 are not allowed in the gym. Children under the age from 7 to 16 must have an adult (at least 18 years of age) in the pool, hammam, finish sauna or Jacuzzi with them at all times.
3. Please talk with your doctor before beginning any exercise program.
4. For your own safety please follow the instructions on the training simulators and other equipment.
5. Use the training simulators and other equipment at your own risk!
6. Guests are advised to consult Fitness center associates concerning use of training simulators and other equipment.
7. Stop exercises if you feel weakness, dizziness, exhaustion or other a feeling of discomfort.
8. Please note that the hotel is not liable for any accidents, financial losses or other claims arising from the using the equipment simulators or equipment premises in the Chavana Spa and Fitness center.
9. The hotel is not liable for money and/or any valuables left unattended in the Chavana Spa and Fitness center premises or your personal lockers. Complimentary safety deposit boxes are available at the Chavana Spa and Fitness center Reception.
10. Proper sport attire is required at all times. Slippers, street shoes or bathrobes are NOT permitted within the gym area.
11. Smoking, alcoholic beverages, glass containers or breakable objects are NOT permitted in the Chavana Spa and Fitness center area.
12. Please take a shower before visiting finish sauna, Jacuzzi, hammam or pool.
13. All guests within finish sauna, Jacuzzi, hammam and pool area must be attired in appropriate swimwear.
14. A bathrobe is provided during your visit to the Chavana Spa and Fitness center. Should you wish to purchase one, please contact our Chavana Spa and Fitness center associate.
15. When leaving the Fitness center, please return the personal locker key and the safety deposit key to the Chavana Spa and Fitness center Reception.
16. No pets are allowed into the Chavana Spa and Fitness center area.

The DoubleTree by Hilton Moscow - Marina Hotel assumes no liability for injuries or damages arising from the results of participation unless due to willful or gross negligence on the part of the DoubleTree by Hilton Moscow-Marina Hotel. Due to the strenuous nature of some activities, the participant is advised to consult his/her physician concerning fitness to participate. All activities present certain



inherent risks and hazards which the participant assumes. If you are suffering from any eye or skin disorder, please refrain from entering the Jacuzzi, hammam or pool.

The Hotel Management reserves the right to deny use of the Chavana Spa and Fitness center in case of violating these regulations.

Thank you for your compliance with the rules and we wish you a pleasant stay.

DoubleTree by Hilton Moscow - Marina Hotel Management