



OPERATING RULES

by

NEXT.MOVE



Operating rules

These **Operating Rules** are binding on all Visitors to NEXT.MOVE FITNESS (Next.Move Fitness s.r.o., Company ID No.: 09545131, hereinafter referred to as the “**Company**” or the “**Club**”).

A Visitor means any natural person who enters the premises of any Next.Move Fitness Club.

Basic Information

Next.Move Fitness Locations

Fitness Club locations mean all Next.Move Fitness premises and their associated areas, as well as the premises of any partners used for special activities and events held under the auspices of Next.Move Fitness.

Next.Move Holešovice, Dělnická 9, 170 00 Praha

Next.Move Vinohrady, Korunní 108, 110 00 Praha

Next.Move Karlín, Rohanské nábřeží 713/8, 186 00 Praha

Next.Move Smíchov, Na Valentince 3334/6, 150 00 Praha

Next.Move Churchill, Italská 2584/69, 120 00 Praha

Opening Hours

Information about opening hours is available online at **www.nextmove.cz**. Club Visitors are required to finish all sporting activities and leave the premises no later than the end of the opening hours. The Operator reserves the right to extend or shorten the opening hours as necessary.

Services and Facilities

Visitors to Next.Move Fitness Club may use the following services:

Gym, cardio and functional training zone

Studio and other areas designated for group classes

Lounge

Changing rooms, showers and sanitary facilities

Personal training services

Outdoor garden (Next.Move Holešovice only)

Sauna (Next.Move Karlín and Churchill only)

Recovery Zone - sauna, cold plunge, relaxation area, red light therapy (Next.Move Churchill only)

- Fuel Bar - Membership includes one complimentary coffee per visit. The entitlement is limited to one coffee per visit and cannot be claimed repeatedly during the same visit.
- Towel service - Each Member is entitled to **one complimentary towel per Club visit**. If an additional towel is required, its rental is charged according to the Club's current price list.

Rules for Using Next.Move Facilities and Services

Safety Rules

1. Visitors undertake all sporting activities on the premises of Next.Move Fitness Club at their own responsibility and risk.
2. When using the services, Visitors must comply with these Operating Rules and with the instructions of employees or other persons providing services on behalf of the Company.
3. The Company is not liable for any injury or property damage suffered by a Visitor as a result of failure to follow the instructions of the Company, its employees or trainers.
4. The Company is not liable for any injury or property damage caused by a Visitor intentionally, through negligence or by overestimating their physical condition.
5. Visitors must not engage in sporting activities in the Club if they are unfit to do so. If a Visitor is suspected of being under the influence of alcohol or other intoxicating substances, the Company has the right to remove that Visitor from the Club.
6. When using the facilities and services, Visitors must observe the principles of personal safety, both their own and that of other Visitors.
7. Children under 15 years of age are prohibited from entering the fitness centre for the purpose of sporting activity. Children under 15 may only remain in the lounge area and must be under the constant supervision of an adult.
8. Persons aged 15 to 18 may enter the fitness centre only with the written consent of their parents, who expressly and non-transferably assume full responsibility for

any injury to their child and any damage to the Operator's property caused by the child's presence or activity.

Rules of Conduct on Club Premises

1. Visitors must comply with the Club's entry rules, i.e. present valid membership and respect the control mechanisms used by the Company for this purpose. In the event of non-compliance, Club reception and management are entitled to deny the Visitor access to the premises.
2. A Visitor who does not have a trainer agreement with the Club is not authorised to provide personal training services to other Club Visitors. In the event of non-compliance, Club reception and management are entitled to deny the Visitor access to the premises.
3. Each Member is provided with a multifunctional Technogym wristband for the duration of their membership. The wristband is non-transferable. The Member pays a CZK 500 deposit, which will be refunded after termination of membership provided that the wristband is returned to Club reception within 7 days.
4. Visitors must behave during their presence in a manner that does not restrict other Visitors in their use of the facilities and services.
5. In the event of inappropriate, aggressive or vulgar behaviour towards other Visitors or employees, the Company reserves the right to remove the client from the premises.
6. Each Visitor has access to a lockable locker in the changing rooms for storing personal belongings. The Club is not liable for items stored in lockers. When leaving the Club, the Visitor must empty the locker and make it available to other Visitors. If personal belongings are left behind, the Club will store them and allow collection after they are found, but no later than one month from the date they were found. After one month, if the owner has not collected the items, the Club is entitled to dispose of them at its discretion.
7. Cosmetics (shower gels, shampoos, deodorants, perfumes, etc.) and electrical appliances (hair dryers) are available to Visitors in each Club changing room and may not be removed from the changing-room premises.

8. When making audiovisual recordings, Visitors must respect the privacy of other Visitors, Company employees, trainers and instructors.
9. The Club premises may not be used for marketing or commercial purposes, including the creation of content for marketing purposes, without the Company's prior written consent.

The following is prohibited in all areas of Next.Move Fitness Club:

- Smoking.
- Consuming any food (this prohibition does not apply to the lounge area, which is intended solely for the consumption of beverages and food purchased at the Fuel Bar).
- Consuming alcohol.
- Entering common areas in inappropriate clothing or while undressed.
- Moving around without suitable training footwear - being barefoot or wearing outdoor shoes is not permitted.
- Behaving contrary to generally accepted standards of conduct.
- Using private trainers in the sports club or providing training services without the Company's accreditation.
- Making audiovisual recordings for commercial purposes without the Company's prior consent.
- Manipulating the controls for ventilation, lighting or audio systems on Club premises.
- Dropping heavy weights or dumbbells onto the floor; if this training technique is used, shock-absorbing mats must be used.
- Using any form of chalk/magnesium, whether liquid or powder, in order to maintain a clean and safe environment.

Rules for Using the Garden (Holešovice)

1. Equipment and machines from the Club's indoor areas may not be taken into the garden.
2. Only equipment located in the garden and intended for use there, including exercise mats, may be used for training in the garden.

Rules for Using the Sauna (Karlín + Churchill)

1. The sauna opening hours are the same as the opening hours of the Next.Move Karlín and Churchill fitness clubs.
2. Visitors must finish their sauna procedures and leave the fitness club premises no later than the end of the opening hours.
3. The Operator reserves the right to adjust opening hours as necessary.

Rules for Using Sauna Facilities and Services

1. The sauna is intended solely for sauna use, which Visitors undertake at their own responsibility. Visitors must follow staff instructions and the sauna rules.
2. The Operator is not liable for injury or property damage suffered by Visitors as a result of violating the rules or staff instructions.
3. Persons with vascular, cardiac or other chronic health conditions should consult a doctor before using the sauna. Sauna use is intended for healthy persons.
4. Children under 15 may enter the sauna only when accompanied by a person over 18, who assumes full responsibility for the safety of the accompanied person.
5. Persons under the influence of alcohol or other intoxicating substances are not permitted to enter the sauna and may be removed by staff.
6. Visitors are liable for any damage to equipment caused intentionally or through negligence and must compensate such damage without delay.

Hygiene Rules

- Use sheets when sitting or lying on sauna benches.
- After using the premises, always carry out basic cleaning, e.g. wipe surfaces that have been in contact with the body.
- Enter the sauna only in clean and appropriate sauna attire or using a sheet provided on site.

Group Class Rules

1. Cancellation of a group class is possible no later than 12 hours before the class starts.
In the event of a no-show without cancellation, the Company has the right to charge a penalty of CZK 150.
2. It is not possible to enter a class after it has started - entry will not be permitted.
3. Attendance at a class without prior registration is not permitted.
4. Classes may be booked no more than 2 weeks in advance, with a maximum of 5 classes booked at one time, of which no more than 3 may be from the same class concept.
5. Equipment intended for group classes may not be removed from the designated studio.

Rules for Using the Recovery Zone

General Provisions

1. The Recovery Zone is intended for rest, recovery and the provision of a calm environment for all Visitors.
2. Before entering the Recovery Zone, every Visitor is required to familiarise themselves with and comply with these rules.
3. By entering the Recovery Zone, the Visitor acknowledges that they use it at their own responsibility and confirms that their state of health allows them to use the sauna and other recovery facilities.

Entry to the Recovery Zone

1. Entry is permitted only to clients with valid access authorisation (membership or a single-entry pass).
2. Unauthorised entry may be subject to a penalty of up to CZK 5,000.
3. Use of the Recovery Zone is not recommended for persons with heart disease or other serious health conditions. In case of doubt, we recommend consulting a doctor before use.
4. Entry is not permitted to persons under the influence of alcohol or other intoxicating or addictive substances.

5. Entry to the Recovery Zone is permitted only to Visitors aged 15 and over.

Hygiene and Operating Rules

1. Visitors must shower before entering the sauna.
2. After using the sauna, Visitors must shower before entering the cold plunge pool.
3. Swimwear and underwear are not permitted in the sauna. Entry is permitted only with a towel or sheet.
4. When sitting or lying in the sauna, a towel or sheet must be placed under the entire body.
5. When moving around the Recovery Zone, Visitors must keep intimate areas covered with a towel or sheet.
6. Swimwear is permitted in the cold plunge pool.
7. Glass containers, bottles or drinking glasses may not be brought into the Recovery Zone.
8. Consumption of food, alcohol or other intoxicating or addictive substances is prohibited.
9. Personal hygiene activities such as shaving, exfoliation or the use of cosmetic products are not permitted in the Recovery Zone.

Quiet and Consideration

1. The Recovery Zone is a quiet area intended for relaxation and recovery.
2. Visitors must keep noise to a minimum and refrain from loud conversations or other disruptive behaviour.
3. The use of mobile phones is not permitted in the Recovery Zone.
4. To protect the privacy of other Visitors, taking photographs or video recordings is strictly prohibited.

Red Light Therapy

1. Protective glasses must be worn when using red light therapy.
2. Protective glasses may be rented at reception for a fee of CZK 50.

Safety

1. The recommended duration of one sauna session is 10-15 minutes.
2. If you feel unwell at any time, leave the area immediately.
3. In the event of an injury or other emergency, contact a staff member immediately.

Liability

1. The Operator is not liable for lost or unattended personal belongings.
2. Visitors are liable for any damage they cause to the equipment or facilities of the Recovery Zone.
3. The Operator reserves the right to deny entry to, or remove without compensation, any Visitor who violates these rules.

Final Provisions

1. All Visitors must follow staff instructions.
2. These rules are binding on all users of the Recovery Zone.

Final Provisions

The Company is entitled to amend or supplement these Operating Rules unilaterally at any time. Amended or supplemented Operating Rules take effect on the date they are published online. The current version of the Operating Rules is always available on the premises of Next.Move Fitness Club and on the official website www.nextmove.cz.

Any complaints regarding the quality of services provided or deficiencies in the facilities may be submitted by Visitors in person at reception, to management at your@nextmove.cz, or to any other employee, trainer or instructor.

Visitors are required, within their capabilities, to prevent damage to the facilities and to report any damage or deficiencies they discover.

The Company reserves the right to close the facility or any part thereof for a limited period in order to carry out necessary repairs or maintenance, or in the event of a private event. Closure of the entire premises or any part thereof will be announced by the Company sufficiently in advance by displaying information about the planned measure at reception, on the website and on social media.