

HOUSE RULES

OPENING HOURS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
From	07:00	07:00	07:00	07:00	07:00	09:00	09:00
Till	22:00	22:00	22:00	22:00	21:00	16:00	16:00
Childcare	9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00

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1 Membership card

After registration please go to the reception for a photo and membership card to be made. With this photo-identification card you can identify yourself by scanning at entrance. This membership card is for you only and cannot be used by others. This card confirms your membership identification and contract with our Health Club. On the loss of your card € 5 will be charged to provide a new one.

2 Check-in / check-out

Every member is expected to sign in at the reception desk before entering the Health Club. When you have reserved for a grouplesson, your ticket will be automatically printed for you upon entering. Should your ticket fail to be printed, please ask the receptionist for help.

3 Training

3.1 It's always required to have a towel with you when using the fitness machines, attending a grouplesson and in the saunas. If you have forgotten your towel, for € 1,- a towel will be provided to you at the reception desk.

3.2 Only biddons and lockable drink bottles are allowed in the Health Club.

3.3 Please follow the instructions for the machines as advised by the instructors. If you have any questions you can always ask the instructors.

4 Reservations for courses / credits

4.1 All grouplessons are listed on the board (connection point) and available at reception. You can also find it on our website: www.in-tension.nl.

4.2 All sign-ups for grouplessons (excepted the ABS training) can be made a maximum of a week before by using the button 'reserve' on the homepage on our website: www.in-tension.nl or on our mobile website on your smartphone (Please ask for a log-in code at reception). You can also use your club card at our touch screens located in the club to sign up for all activities.

4.3 You will receive a credit of € 25,- in our computer in which to book our grouplessons. Each booking will take € 5,- away from your credit line. This makes it possible for you to book 5 lessons a week. As the ticket is printed (at the check-in) of your course, the € 5,- is put back on your credit. You must cancel your course at the reception or the website to receive the € 5,- credit again, if not it will remain off your credit.

4.4 You can call the receptionist 1 hour before the lessons starts to cancel your lesson or use your log-in code for the website and cancel your lesson on the site. This will put the credit back on your account. If you don't show up and you didn't cancel your lesson the credit of € 5,- stay off your account.

4.5 The credits of € 25,- you receive from In-Tension Health Club is not possible to cash in. If your credit is below the € 5,- you can upgrade your credit at our reception desk.

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5 Participation at a grouplesson

You should be on time for the group lessons. If the lesson warm-up has already begun, you may no longer attend. Your spot may have been given to someone on our waiting list.

6 Sale of refreshments

The refreshments you order at the reception must be paid immediately. You can do this by cash, pin or with your membership card. It's possible to put money on your membership card and use this for the refreshments you are buying. This money has unlimited validity and can always be cashed in.

7 Parking

7.1 You can use our parking places for FREE in the Pinkstraat and the Sleepnetstraat (maximum of two hours).

7.2 A sign up for a parking place can be made a maximum of a week before on our website: www.in-tension.nl (Please ask for a log-in code at reception). You can also use your club card at our touch screens located in the club to sign-up.

7.3 The use of our parking place is at your own risk. InTension Health Club cannot be hold responsible for any damage at or robbery from your car.

8 Childcare

8.1 As a member of InTension Health Club you can use the childcare for FREE.

8.2 To be sure your child has a spot, you must sign up at our website www.in-tension.nl (please ask for your log-code at our reception) or at our reception desk. You can make a reservation for the shift from 9:00 – 10:30 or 10:30 – 12:00.

8.3 It's advised that you provide your child with a snack and beverage.

8.4 In the months of July and August (during the summer period) the childcare is closed.

9 Changing Rooms and Saunas

9.1 For hygiene reasons we ask that you wear slippers in showers, saunas and changing rooms.

9.2 Clothing is not permitted in saunas, but a towel is mandatory.

9.3 For hygienic reasons, shaving of legs/body parts is not permitted in showers or saunas.

9.4 Use of the saunas is for persons older than 16 years.

9.5 We recommend Pacemaker carriers to first consult the doctor before using the infrared sauna.

10 Lockers

10.1 You are required to use a locker to store your personal items.

10.2 The lockers are opened & closed with a 4 digit personal code. First press ON, followed by a 4 digit number of your own choice and close or open your locker. Remember your pin code and locker number. You can use the note board in the corridor from the changing room to write down your name and locker number for a reminder.

10.3 When you use the wrong code or the wrong locker, you will block the locker. You may attempt to open your locker twice before it blocks. The third time the locker will be blocked; this will be apparent with a red blinking light. When the blinking red light is no longer apparent, please go to the reception and they can open your locker.

11 Responsibility

11.1 InTension Health Club cannot be held responsible for any lost and stolen personal items.

11.2 InTension Health Club cannot be held responsible for injuries and / or risks while working out in or out of the facility.

12 Dress codes

12.1 Sport shoes are required in the fitness rooms as well as in the group session rooms. These shoes must be indoor sport shoes that do not leave black markings on floors.

12.2 It's required to wear appropriate clothing during your work out. Men are not allowed to wear tank/muscle t-shirts in the Health Club.

12.3 Wearing headgear is according to safety reason not allowed during your work out.

13 General

13.1 InTension Health Club reserves the right to change the opening, schedule, subscription structure and the membership fees.

13.2 It's not allowed to smoke in InTension Health Club or at our outside patio.

13.3 Minimum age to participate the training is 16 years, unless otherwise stated.