



# KARNAVATI CLUB LIMITED

CIN : U92410GJ1989GAP012192

Regd.Office: Gandhi Nagar – Sarkhej Highway, Near Mahmadpura, Ahmedabad – 380058(Gujarat-india)

Website : [www.karnavaticlub.com](http://www.karnavaticlub.com) Email: [activitybookingkcl@gmail.com](mailto:activitybookingkcl@gmail.com)

Club Mobile:- 9913906060, 9924286060, 9924086060

## GUIDELINES FOR THE USE OF GYMNASIUM & YOGA

- [a] Each Member will have to follow social distancing while exercising. **All the members must wear Face Shield / Visor while exercising.** Face mask will not be permitted while exercising. Washrooms, locker, Shower, Changing room, sauna bath & steam room facility will NOT be available in Health Club premises
- [b] Each member will get only 45 minutes for exercise; the timings will be morning 6.00 am to 11.00 am and evening 4.00 pm to 9.00 pm.

Morning 6.00 am to 11.00 am	
Time Slot	Sanitization process
6.00 am to 6.45 am	6.45 am to 7.15 am
7.15 am to 8.00 am	8.00 am to 8.30 am
8.30 am to 9.15 am	9.15 am to 9.45 am
9.45 am to 10.30 am	10.30 am to 11.00 am

Evening : 4.00 pm to 9.00 pm	
Time Slot	Sanitization process
4.00 pm to 4.45 pm	4.45 pm to 5.15 pm
5.15 pm to 6.00 pm	6.00 pm to 6.30 pm
6.30 pm to 7.15 pm	7.15 pm to 7.45 pm
7.45 pm to 8.30 pm	8.30 pm to 9.00 pm

- [c] Each Member will get entry only on **PRIOR REGISTRATION** via booking on Email ID :- [activitybookingkcl@gmail.com](mailto:activitybookingkcl@gmail.com). (No other emails will be entertained) (**Guest entry will not be permitted**). Booking will be confirmed subject to Email Confirmation from Club. Club will give confirmation reply during working hours.
- [d] Once the registration is done by the Member, it will valid till 30<sup>th</sup> September 2020 and during this period and no change in timing will be granted.
- [e] Bookings will be done on first – cum – first basis
- [f] 30 Members will be allowed at a time subject to prior booking and email confirmation from Club Email ID :- [activitybookingkcl@gmail.com](mailto:activitybookingkcl@gmail.com) subject to availability. For October 2020 slot booking will commence from 22<sup>nd</sup> September 2020. **If number of Members increases then Each Member can avail facility for 3 days, i.e. Monday / Wednesday / Friday OR Tuesday / Thursday / Saturday**

- [g] It is compulsory that each member will have to use sanitizer before use of any equipment and it will be his responsibility. However, the sanitizers will be available at GYM area.
- [h] It is compulsory that each member must have Napkins / Towels etc. or any personal items required in the GYM while exercising
- [i] Each member will have to co-operate Club trainers, staff etc.
- [k] If any respective member fails to wear face mask at the time of entry to the club, the Club will provide the disposable face mask on chargeable basis at Rs. 20/- per mask which will be debited to the respected members account.
- [l] If any respective Member fails to wear face shield / visor at the time of exercise in gym, the Club will provide the Face Shield / Visor on chargeable basis at Rs. 200/- per face shield which will be debited to the respected members account.
- [m] Those having oxygen saturation below 95% will not be allowed to enter the GYM / Yoga.
- [n] Persons above 65 years of age, persons with co-morbidities, pregnant women and children below the age of 10 years are advised not to use gyms in closed spaces.
- [o] Individuals must maintain minimum distance of 6 feet.
- [p] **Spitting inside the Gym / Yoga is strictly prohibited.**
- [q] Installation and use of Arogya Setu App in your mobile shall be advised to all.
- [r] Common exercise mats should be avoided; members are requested to bring their own mats. The Club management will not provide mats.
- [s] The GYM and Yoga will remain closed on all Sundays for sanitation, cleaning, and maintenance of equipment till further notice.
- [t] **The Jogging Track will remain closed till further notice**

Above Guidelines are based on The Government of India released the notification-UNLOCK

**\*\*Members can avail GYM / Yoga facility on their own risk.**

**\*\*Karnavati Club Management will not be responsible for any mishap or injury or spread of Corona Virus to your body within Club premises**

**\*\* Karnavati Club Limited Management reserves right to change policy for Member's risk-free and smooth operation due to COVID-19 pandemic without intimating Club Members**