



# 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: [club@karnavaticlub.com](mailto:club@karnavaticlub.com)

Club Mobile:- 9913906060, 9924286060, 9924086060

## GUIDELINES FOR THE USE OF GYMNASIUM & YOGA

1. 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.
2. Each member will get only 1 hour and 15 minutes for exercise; the timings will be morning 6.00 am to 01.00 pm and evening 4.00 pm to 10.00 pm w.e.f. 24.09.2020.

Morning 6.00 am to 1.00 pm	
Time Slot	Sanitization process
6.00 am to 7.15 am (General Time)	7.15 am to 7.30 am
7.30 am to 8.45 am (General Time)	8.45 am to 9.00 am
9.00 am to 10.15 am (General Time)	10.15 am to 10.30 am
10.30 am to 11.45 am (General Time)	11.45 am to 12.00 noon
12.00 noon to 1.00 pm (Ladies Time)	1.00 pm closed for cleaning and sanitization

Evening : 4.00 pm to 10.00 pm (General Time)	
Time Slot	Sanitization process
4.00 pm to 5.15 pm	5.15 pm to 5.30 pm
5.30 pm to 6.45 pm	6.45 pm to 7.00 pm
7.00 pm to 8.15 pm	8.15 pm to 8.30 pm
8.30 pm to 9.45 pm	10.00 pm closed for cleaning and sanitization

3. In 1 (ONE) slot only 30 Members will be allowed on first – cum – first basis.
4. Online booking slots already booked from 24.09.2020 to 30.09.2020 stands cancelled and members are requested to make straight entry

5. It is compulsory that each member will have to use sanitizer before use of any equipment and it will be his / her responsibility. However, the sanitizers will be available at GYM area.
6. It is compulsory that each member must have Napkins, Towels, water bottle, etc. or any personal items required in the GYM while exercising
7. Each member will have to co-operate Club trainers, staff etc.
8. 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. 3/- per mask which will be debited to the respected members account.
9. 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. 41/- per face shield which will be debited to the respected members account.
10. Those having oxygen saturation below 95% will not be allowed to enter the GYM / Yoga.
- 11. Persons above 65 years of age, persons with co-morbidities, pregnant women and children below the age of 16 years are advised not to use gyms in closed spaces.**
12. Individuals must maintain minimum distance of 6 feet.
- 13. Spitting inside the Gym is strictly prohibited.**
14. Installation and use of Arogya Setu App in your mobile shall be advised to all.
15. Common exercise mats should be avoided; members are requested to bring their own mats. The Club Management will not provide mats.
- 16. Online Yoga facility is available. Please contact our Health Club Desk for detailed information.**
17. The GYM will remain closed on all Sundays for sanitation, cleaning, and maintenance of equipment till further notice.
- 18. No Guests of the Member will be allowed to enter the Club premises 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**