

# Hong Kong Parkview Spinning Studio – Rules and Regulations

## 陽明山莊動感單車室 – 使用守則

Members and guests are required to observe and comply with these Rules and Regulations. Hong Kong Parkview (the Club) reserves the right to make changes from time to time as deemed necessary. For all questions regarding interpretation of our guidelines, the decision of the Club is final.

會員及來賓必須遵守動感單車室使用守則。香港陽明山莊（本會）保留隨時修改及增刪有關守則內容之權利。有關守則內容的任何定義，本會保留最終決定權。

- 1. ACCESS 動感單車室**  
All users must be valid members of the Club and present their membership card when requested to do so.  
會員進入動感單車室必須出示有效的會員證。
- 2. RISK OF USE 使用風險**  
Whilst using the spinning studio, all members accept responsibility for their state of health and physical condition. The Club is not responsible for any pre-existing conditions or injuries, or injuries sustained while using the spinning studio. The Club strongly encourages members to obtain physician clearance before beginning an exercise program. The Club reserves the right to exclude any person who presents a health or safety concern to himself/herself or others utilising the facilities.  
會員使用動感單車室設施時須自行負責身體及健康狀況。本會對任何在動感單車室範圍內使用該室的設施而招致的損傷或任何既存健康狀況概不負責。本會強烈建議會員於參加任何健身計劃前，徵詢醫生意見。本會保留拒絕任何或會對其本人或其他會員構成健康或安全風險的人士使用動感單車室設施。
- 3. PERSONAL PROPERTY 個人財物**  
We provide lockers for members during their visits therefore no bags, coats or personal items are permitted inside the spinning studio. We also discourage members from bringing valuables into the spinning studio. The Club is not responsible for lost, stolen or damaged articles. Lost and found enquiries should be made through the Reception Desk.  
會員使用動感單車室設施時將會獲派個人儲物箱。請勿將袋子、外套及其他個人用品放置於動感單車室內。本會不建議會員攜帶貴重物品到動感單車室。如任何私人物品被竊或損毀，本會概不負責。如遺失任何物品，會員請到接待處查詢。
- 4. AGE 年齡限制**  
All participants must be a minimum of 16 years of age.  
十六歲或以上之會員方可參與動感單車課程。
- 5. PERSONAL CONDUCT 會員行為**  
All participants must behave in a manner that is both reasonable and not offensive to other participants of the class. Inappropriate behavior including loud, profane, abusive language or harassment of any kind will not be tolerated. The Club reserves the right to ask disruptive members to leave the premises and to revoke his/her membership if deemed necessary.  
會員課堂中應持互重互諒之態度。本會不容許任何不適當之行為，包括喧嘩、使用不當語言或騷擾行為。本會保留要求有關會員離開動感單車室的權利，並在有需要的情況下，廢除該會員之會籍。
- 6. RESPECT 尊重**  
All participants are asked to respect the property, employees and independent contractors of Hong Kong Parkview, and to treat its property with due and reasonable care. It is always appreciated – out of consideration for other clients – if you clean and return any equipment once you are finished.  
會員請愛護動感單車室內所有設施及尊重陽明山莊各員工和獨立合約員工，有關器材的使用必須加倍小心謹慎。為其他使用者著想，在使用完健身單車器材後，會員應保持有關器材清潔。
- 7. ATTIRE AND FOOTWEAR 衣著準則**  
While any comfortable workout attire will do, you're going to sweat ... a whole lot. For that reason we recommend dry-fit, (i.e. "moisture wicking" shirt, shorts, and socks). As for footwear, a solid pair of sneakers with hard soles are fine. If you have SPD clip cycling shoes, even better! Jeans, open toed footwear and swimsuits are not permitted.  
課堂中會員將會大量流汗，故此，我們建議會員儘量選用dry-fit 網布物料製成的運動服飾（如吸濕排汗功能較佳之運動T恤、短褲及襪子）。至於鞋類，請選用鞋底較硬的運動鞋，若是SPD踏板適用的健身單車鞋更佳。穿著牛仔褲、露趾鞋及泳裝均不能內進。
- 8. FOOD AND DRINK 飲食限制**  
Except for capped water bottles, no food and drinks are allowed inside the spinning studio.  
除了瓶裝水以外，動感單車室範圍內一律不准飲食。
- 9. COACHING/PERSONAL TRAINING 訓練課程 / 私人訓練**  
Parkview provides a list of qualified trainers for spinning sessions so no private coaching/training is permitted other than with our official Parkview trainers. Use of unofficial trainers is strictly prohibited. Members are not permitted to give personal instruction to others for financial gain. The Club reserves all rights in dealing with transgressions.  
除本會註冊導師以外，會員不能於動感單車室內進行任何形式之訓練。本會嚴禁非陽明山莊本會註冊導師為會員提供訓練。會員亦不能向其他會員提供私人指導以賺取酬勞。本會保留處理有關違法行為的權利。
- 10. MEMBERS SAFETY 會員安全**  
We ask that all members observe all posted signs and exercise caution when taking a class or using the spinning studio. Please report any accidents to a staff member immediately. The Club reserves the right to call for emergency services if a member become ill or injured on the premises.  
會員必須遵守動感單車室內所有告示或標誌，並小心使用動感單車室設施。如遇意外，會員應立刻向本會職員求助。若會員於動感單車室內感到不適或受傷，本會保留徵求緊急醫療服務的權利。

### CLASSES 課堂

- Quiet Time 靜音**  
No music is to be played inside the spinning studio, talking and use of electronic equipment is permitted prior to the start of each class. However, out of respect to the instructor and courtesy to all other clients, all such activities must cease immediately once the class begins.  
會員對導師及其他會員應持互重互諒之態度，課堂中切勿播放個人音樂、談話及使用電子產品。
- Water 水**  
Drinking ample water and staying hydrated is extremely important; every participant must have a water bottle to participate in a Spinning Class.  
課堂中會員喝充足的水和保持水分是非常重要的；每位會員亦應自備水樽。
- Towel 毛巾**  
You will sweat during class. We strongly recommend you use the towels provided to dry yourself off occasionally.  
課堂中會員將會大量流汗，故此，我們建議每位會員亦應自備毛巾擦汗。
- Safety 安全**  
We never want to see someone get injured. Thus, all participants must follow the directions of the instructor.  
我們以會員的安全為優先。因此，所有會員必須遵守導師的指示。
- Leaving Early 早退**  
We understand that conflicts arise that prevent you from staying for the entire class. Out of courtesy, if you must leave early, please let your instructor know before the class begins, and please be sure to warm down and clean your area or bike before leaving.  
會員若課堂時間必須早退，請務必課堂前知會課程導師，並請離開前確保充足的緩和運動及保持各自健身單車和周邊範圍的整潔。
- Cleaning 清潔**  
Alcohol spray for cleaning the bike will be provided. It is expected that you take time to clean your bike prior to leaving. It reduces germs, and is respectful to other participants.  
本會提供酒精噴霧給會員作清潔健身單車之用。會員離開前請預留時間清潔各自的健身單車。既可確保衛生，亦尊重其他隨後使用的會員。