Declaration of PERSONAL RESPONSIBILITY

1. It is not recommended for Clients who suffer from the following diseases: high or low blood pressure, heart disorders, asthma, skin diseases, open or closed superficial wounds, to use the training room, swimming pools or spa facilities.
2. The SPA and Fitness Center, as well as the Company operating the SPA and Fitness Center, its directors, coaches and employees are not responsible for accidents or injuries as a result of non-compliance by the Clients with the rules and restrictions contained in these General Terms and Conditions.
3. Clients are obliged to do appropriate medical tests before starting training sessions or procedures in the SPA and Fitness Center and consult with a competent medical person regarding the start of such training activities/procedures and the appropriate training/diet for them. Clients should take into account their training and/or the procedures requested by them with the professional medical advice they have received, as well as with their physical capabilities and health condition.
4. Clients conduct their training and other activities in the SPA and Fitness Center at their own risk. The SPA and Fitness Center, as well as the Company operating the SPA and Fitness Center, its directors, coaches and employees are not responsible for any injury and/or bodily injury and/or inwellness of a Client resulting from the use by the Client of the SPA and Fitness Center and the sports facilities, equipment and equipment located in it.
5. By acquiring the status of a Client of the SPA and Fitness Center, each person agrees, acknowledges and declares that:

a) the SPA and the Fitness Center, as well as the Company operating the SPA and the Fitness Center, its directors, coaches and employees are not responsible for death, bodily injury, injury, loss, theft or damage suffered by a Client on the territory of the SPA and Fitness Center.

b) All fitness equipment, equipment, facilities and equipment in the SPA and Fitness Center will be used by the Client exclusively and solely on his own responsibility.

c) The Client confirms that he/she wishes to voluntarily participate in the activities offered by the SPA and the Fitness Center, including, but not limited to, workouts in the weight room, and cardio training, the swimming pool, etc., thereby improving his/her health. The client understands that the above activities are designed to gradually increase the load on blood circulation in the body and thus improve its functioning as a whole. The reaction of the circulatory system to such activities cannot be predicted with absolute accuracy. There is a risk that certain changes will occur as a result of the physical activities/exercises performed by the Client. These changes include abnormalities in blood pressure or heart rhythm, inefficient heart function, and in some cases, a heart attack or cardiac arrest. There is a possibility of stretching and/or overloading of individual muscles or muscle groups, sprains, sprains, twists and other types of injuries. The client understands that it is necessary to inform the trainer present in the gym about any symptoms indicating his state of distress or pain.

By accepting these GENERAL TERMS AND CONDITIONS, The Client gives his consent in advance in such cases for the staff of the SPA and Fitness Center to take necessary urgent measures to improve the Client's condition and to bring him out of danger, as well as to contact an emergency medical team. The client understands that persons with back pain, heart disease, high blood pressure and/or any other medical condition should not exercise without prior consultation with a doctor.

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Email: christinalouizinidou@gmail.com

Date: 5.12.2025 г. Signature:…… ….

This Privacy and Personal Data Protection Policy of Grand Hotel Management ('Personal Liability Statement') is based on the requirements of Regulation EU 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and on the free movement of such data, and repealing Directive 95/46/EC ("EU Regulation 2016/679").

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