

本守則與規範，是為了確保會員在盡情使用本中心設施的同時，能夠維持會所內最高品質的運動禮儀、環境清潔以及使用安全，違反者視情節輕重本中心得拒絕會員進入本中心或宣告終止會籍。FF保留隨時變更此守則與規範之權利，同時，其內容並非包括所有FF的營運規則。如有變更，FF可以口頭或公告的方式告知會員。本會員守則與規範將以最新現用版本為準，並作為您所簽署之會員合約書的附件，同時生效。

會員權利

在您所簽署成為本中心的會員之後，您即享有如會員合約所述之權利，包括首次免費健身介紹課程、體能測量、大多數的有氧課程，以及單日使用之置物櫃。其他附加服務將按次收費，包括（但不限於）私人健身教練課程、零售商品、美容療程、營養諮詢、以及特殊有氧課程。

會館使用規定

- 每日營業時間，週一至週六06:00~24:00，週日08:00~24:00，但每月例行維修休館1-2日者除外。
- 會員入場時應依人臉辨識系統核對身份，以便進入廠館。**
- 本公司保有可能因業務或活動需求得對於館內設施更動使用時間及範圍之權利。
- 會員應妥善保管私人物品，並不得攜帶貴重財物至本公司，所攜帶之金錢、有價證券、珠寶或其他貴重物品，除報明其物之性質及數量交付本公司保管者外，未經報明其物之性質及數量交付保管者，若有毀損喪失之情事，本公司概不負責賠償之責。
- 為保障本公司及其他會員之隱私權及肖像權，禁止於更衣室內拍照、攝影、視訊行為及攜帶寵物或危害公共安全之危險物品進入，並禁止攜帶食物至廠內食用。**
- 本公司禁止會員於公司內進行推銷或販賣任何非經由本公司授權同意之產品或服務範圍。
- 請務必穿著合適之運動服裝且嚴禁赤膊及赤足，並應遵守使用規定與教練之指示以維護安全；如因穿著不當，例如：牛仔系列服飾、西服褲系列服飾、裙子（運動類之裙子不在此限，如網球裙）、皮鞋、高跟鞋、靴子、拖鞋、涼鞋、鞋後腳跟無包覆之鞋類，等有安全疑慮之服裝，或不遵守使用規定者，本公司基於安全考量，有權要求立即停止相關運動，或將不得入館使用；有氣、課程教室及更衣室內嚴禁拍照、錄影及視訊行為。**
- 進入更衣室、淋浴間及蒸氣室、烤箱等三溫暖區，請遵循各項使用公告及服務人員之指示。
- 請保持運動禮儀，進入會館內請勿喧嘩，使用器材設施時，請愛護設施、器材，嚴禁重摔、重放，或佔用器材及設施設備。使用後請隨手擦拭器材上之汗漬。
- 本公司全面禁菸，倘有違規之情事，經勸導無效，本公司有權要求立即離場並逕向主管機關進行檢舉。**
- 為了提供會員乾淨清潔的健身環境，FF將定期進行消毒、清潔與例行維修工作，必要時，會所得關閉1-2日。FF將會於一週前在該會所入口處公告通知會員，會員亦同意配合上述作業。
- 更衣室走道請勿放置鞋子等個人物品，違者將清空放置於櫃台當日招領；更衣室吹風機請勿使用於頭髮以外之其他部位。另進入浴室、三溫暖區，請勿穿鞋入內。
- 禁止攜帶球類或大型包包，包款尺寸勿超過A4大小。

會員安全

- 會員必須確認自己的健康情況良好，並且沒有任何會影響會員在FF內參與任何活動之健康上的限制。會員了解，FF無法且不提供任何形式的醫療諮詢。在加入FF之前，FF並無義務就會員之身體狀況及使用設施之能力，提供任何醫療意見；在成為會員之後亦然。如果會員顧慮當下或在成為會員後，在健康或身體方面出現問題，請先行諮詢專業醫生囑咐後，再使用健身中心設施。又會員可隨時向FF之巡場教練詢問館內健身器材之使用方法。儘管如此，會員仍需承擔自行選擇的健身種類、方式、次數、重量等之全部責任。如任何人因而向FF提出與會員有關之索償，會員同意：1）為FF辯護，並為FF支付與索償訴訟有關之全部費用（包括但不限於訴訟費用及律師費用）。2）如果FF因此項索償，而須向會員、會員之配偶、胎兒或親屬或任何人士負上法律責任的話，本人將向FF作出彌償。
- 在沒有進行課程的教室及私教區中，禁止開放使用，除非有有氧教練或私人教練陪同，方可進入使用。此外，教室中只能使用經過本中心許可的器材設備。
- 禁止會員在會館使用類固醇、酒精或其他違禁品。凡違反本規定者，將被立即終止會籍，且不得異議並依會員合約第7條規定退費。
- 蒸氣室與烤箱使用須知：為維護所有會員的衛生安全，會員應於淋浴完畢後，需遵循現場公告規範，再進入蒸氣室、烤箱與冷熱水池（若該分店有此設備）使用，如於使用過程中，發現身體不適者，應立即停止使用，並尋求服務人員協助。嚴禁患有傳染性皮膚病、性病、眼疾、肝炎或其他傳染性疾病的會員使用。
 - 冷熱水池：可穿泳衣但不含(使用任何產品或著衣物，可攜帶毛巾，穿著泳衣並配戴浴帽進入，生理期間請勿使用，禁止使用任何產品。
 - 蒸氣室及烤箱：禁止使用任何產品或著衣物，可攜帶毛巾，穿著泳衣並配戴浴帽進入，生理期間請勿使用，禁止使用任何產品。經發現違反規定不當使用(如蓮蓬頭沖感溫器、烤箱內放置衣物、毛巾等)導致設備損壞者，本公司**有權要求立即停止相關運動，或將不得入館使用。**

置物櫃之使用

- 會員應使用置物櫃放置所有個人物品，同時，請勿將手提袋或任何私人財物放置於置物櫃以外的區域。會員必須自行準備堅固的鑰匙鎖（勿使用號碼鎖）將當日使用之置物櫃鎖好，並於健身後取回。任何放置隔夜之置物櫃內無法辨認物主身分的物品，FF將逕行開鎖取出，並將其保存180天待領，屆時若無人招領，FF將有全權處理之權利。
- 會員使用置物櫃前，應先確認置物櫃為無人使用、無放置物品狀態，方可使用。
- FF之職員或服務人員將無法為會員保管任何物品或鑰匙，如有遺失，會員須自行負責所有因前述物品遺失之相關損失與責任；亦無法為會員開鎖或拆鎖。

The Member Regulation is set to maintain the highest quality of exercise manners and a clean environment to ensure the safety of members. The company reserves the right to refuse and terminate any violator's membership and change the regulation at any time; meanwhile, the content of the regulation does not include all of regulations of FF operation. FF can inform members the modification by oral form or announcement. The regulation will be subject to the latest version which is used as the annex to the Agreement for members. The regulation and the Agreement will take effect concurrently.

Member Rights

The applicant will become the member and has the right after signing the agreement, including a free session of fitness physical assessment, most of aerobic courses and daily locker usage are free of charged. Other additional services such as private trainer courses, commodity products, Spa treatment, nutrition consultation and special aerobic workshops will be charged by time.

Gym Rules

1. The business operating hours are from 06:00 to 24:00, Monday to Saturday, and from 08:00 to 24:00 on Sunday, except during routine maintenance, when the gym will be closed for approximately 1-2 days.
2. Members should check their identity according to the Face Recognition System when entering the gym.
3. FF has the right to make adjustment that is relevant for operations and activities for the gym at all times.
4. Members shall take care of their own personal belongings and are advised not to bring valuables to FF. FF is not responsible for compensating members for lost or damaged property, such as cash, jewelry, or other valuables. However, FF will take responsibility for items reported by members, including their characteristics and value.
5. Pets, food, endangering items, photos, video recording, and video-related activities are prohibited in the locker room.
6. Any type of unauthorized promoting or product sale in the gym is prohibited by FF.
7. Please be sure to wear appropriate sportswear during workout, shirtless and barefoot are strictly prohibited, members must follow the regulations and instructions of the staff to maintain safety measures; those are wearing inappropriate clothing, such as: denim clothing, suit trousers, skirts (sports skirts are not included), leather shoes, high heels, boots, slippers, sandals, and other clothing with safety concerns, or those who do not comply with the regulations, FF will have the right to stop your workout immediately for safety reasons. or you may not be allowed to enter the premises; photography, video recording and video streaming are strictly prohibited in aerobics classrooms and locker rooms.
8. Members must follow the rules and guideline of the daily lockers, shower, sauna and steam room usage.
9. Members shall maintain a common courtesy and keep low voice at all time. Dropping equipment is forbidden. Please also wipe down your sweat behind you.
10. Members who violate the non-smoking regulation and ignore the admonish. FF have the right to ask to leave and report to authorities.
11. FF will conduct the sterilization and sanitization on schedule and routine maintenance to provide members a clean exercise environment. The gym will be close 1-2 days for maintenance if necessary. FF will post the information at the entrance of the gym a week in advance.
12. In locker room area, please refrain from leaving shoes or personal items in the walkway. Violators will have their items cleared and placed at the counter for retrieval. Additionally, the hairdryers are only intended for use on hair and should not be used on any other body parts. Lastly, it's prohibited to wear shoes when entering the shower, or sauna areas.

13. It is prohibited to carry a Ball or large sports bag, no larger than an A4 size.

Member Safety

1. Members must confirm that they are in good health and have no medical conditions that would affect their ability to participate in any FF courses. Members acknowledge that FF is unable to provide medical consultation services and is not obligated to assess or provide medical opinions regarding an introductory member's physical condition or ability to use equipment before joining FF. If an introductory member is aware of any potential health or physical issues when using the equipment, or after becoming a formal member, they should consult a doctor in advance. Nevertheless, members remain responsible for selecting the equipment, exercise forms, frequency, and weights. If any claims for compensation arise in connection with a member, the member agrees to: (1) Defend FF and cover all litigation costs incurred by FF, including but not limited to legal fees and attorney fees. (2) Indemnify FF if it is held legally liable for any claims related to the member, their spouse, fetus, relatives, or any other individuals.
2. Members are not allowed to enter the aerobic studio and personal training area even when there is no class in progress, unless you're authorized or accompanied by an aerobics instructor/ fitness trainer. In addition, all equipment use within the studio must be authorized by FF before using.
3. Steroid, alcohol and other prohibited substance are not allowed. The membership of violators will be terminated immediately and violators cannot oppose against it. FF will refund members based on the article 7.
4. Rules for steam room and sauna: members should shower before using steam room, sauna and Jacuzzi (when gym provide the service). If members feel dizzy or nausea, please stop using and ask service staff for help. Members with infectious skin disease, venereal disease, ocular diseases, hepatitis or other infectious diseases are prohibited to use the services.
 - (1) Jacuzzi: You may bring a towel and wear a swimsuit. Do not use the facility during your menstrual period.
 - (2) Steam room and sauna: You may bring a towel and wear a swimsuit. Do not use the facility during your menstrual period. If members violate the regulation, FF will stop members from using the services; and the membership of the member will be terminated.

Locker

1. A firm lock is suggested for locker storage. All personal belongings (sports bags, handbags) are only to be stored inside the locker, not outside. Lockers must be cleared out after each workout. Any belongings left behind overnight will be retained for 180 days. Unclaimed belongings will be donated to charity if not reclaimed within 180 days.
2. Please make sure the locker is vacant before using.
3. FF will not be responsible for any property belonging to the members. If any items are lost, members shall be responsible for all losses. Furthermore, members are not allowed to open or break the locks.