

Rules & Regulations for Aayakar Bhawan Gymnasium, Kolkata

1. The serving officials and officers of the Income Tax Department, West Bengal and Sikkim can join as member of the Gym. No other person can enter the gym without the prior permission from the concerned authority.
2. Membership card will be issued to all the members of the Gym and none can enter the gym without his/her own card. Rs.50/- will be charged to replace a lost or damaged Fitness Center(Gym) I. D.
3. Membership fees for the Gym:
Monthly fees: Rs. 400/- (yearly 3600/-) (Payable by 5th working day of the month)
4. Fitness Center Timing will remain open on all the working days as under:
General: 7.00 A. M. to 9.15 A. M. (Morning)
6.00 P. M. to 9.00 P. M. (Evening)
Exclusively for Lady members: 1.15 P. M. to 2.15 P. M.
The Gym will remain close on the holidays.
5. Each member will be allowed maximum 45 minutes for using the Gymnasium. Use of any equipments may be restricted to 10 minutes only.
6. Members should be in proper sports kit (dress and Shoes) before entering the gym. The members should wear clean clothes and proper gym attire while working out. Dry, closed-top athletic shoes are required. A member must bring (carry) clean shoes and wear them at the gym and the same have to be worn in the changing room before entering the Gym. No other shoes, boots or sandals are permitted.
7. Sitting on equipment between sets is not allowed.
8. Equipments are to be used as per guidance of the Instructor. Members should co-operate with the Instructor.
9. In case of any damage of any equipment by inappropriate use, the necessary damage will have to be paid by the member.
10. The members should not disturb others during the work out. The music should not be beyond the permissible limit.
11. The TV and the music system will be monitored by the Instructor only.
12. Members must exit the fitness center promptly at closing time. Individuals not adhering to these policies may be asked to leave the facility.
13. Members are allowed to enter the gym only after they have signed the register and handed over the membership cards at the counter. At the end of their slot members are required to collect back their membership cards.
14. To maintain hygiene and cleanliness, all users must bring a long towel and the same must be spread over the equipments/benches whenever applicable before doing any exercise.
15. Gym timings and the slots given must be adhered to by all members.
16. Dumbbells should not be dropped. Dumbbells, weight plates and rods should be kept in proper way and in a proper location after use.
17. A Copy of the Departmental Identity card along with two recent passport size colour photograph of the member must be produced at the time of submitting the membership application form.
18. The members should abide by the instruction of the Physical Instructor.
19. The machines and benches should not be shifted.
20. Pr. Chief Commissioner of Income Tax, West Bengal and Sikkim reserves the right to revoke the membership of anyone who violates the rules.