

SoFIT Membership Rules and Regulations

1. Members can access SoFIT every day of the week from 6am to 10pm. The only exception is on the last Saturday of every month when a scheduled hotel pool party takes place. On that day, members can only access the swimming pool and solarium from 6am to 12 noon.
2. Members must present their membership card and register at the reception counter prior to using the fitness center or swimming pool.
3. Members can purchase a 1-day pass for friends and family at the special rate of THB 700 (for adults, including group exercise activities and fitness amenities) and THB 300 (for children below 16 years of age, swimming pool access only).
 - Standard membership is for members over 16 years old. Member's children who are under the age of 16 are permitted to use a supplementary membership provided they are accompanied by an adult at all times.
4. Please wear appropriate sportswear and gym footwear at the fitness center.
 - SoFIT instructors are available to offer guidance on exercise basics and how to use the equipment.
5. Membership is only for individuals and is non-transferrable.
6. First-come first-served: members cannot reserve fitness equipment.
7. Please refrain from making excessive noise, using foul language, running and playing inside the gym. Do not loiter and obstruct other members.
 - Please be careful when using the fitness equipment.
 - Please inform the staff immediately in case of broken or malfunctioning equipment.
 - As a courtesy to other members, please wipe off the equipment after use.
8. The following activities are not permitted at SoFIT:
 - Personal fitness training by freelance instructors.
 - Conducting any business (for example direct sales) which bothers other members.If any members are found to be engaged in these activities, SoFIT reserves the right to cancel their membership immediately without refund.
9. Please do not smoke or and drink alcohol inside the gym or before your workout. Food, drinks (except water), and pets of any sort are not allowed in the fitness center.
10. Please look after your valuables. SoFIT does not take responsibility for any loss or damage to personal items.
 - Members can use their membership card or ID card to rent a locker (from 6am to 10pm every day), but only during time spent at the gym or swimming pool. SoFIT is not responsible for any loss or damage resulting from robbery or the abuse of lockers.
 - Members should inform staff immediately about the loss of any personal items.
11. Damaged or lost membership cards should be replaced immediately – please inform our staff.
12. Individuals suffering from fever or other illnesses should refrain from workout, sauna and steam. Individuals with congenital diseases should inform our staff in advance.
13. If a fire or emergency alarm goes off, please follow the guidance provided by our staff. If it is an alarm test, the bell will stop ringing after a short period.
14. Membership cannot be cancelled by members under any circumstances.
15. For your own safety, please heed the instructions from our staff at all times.