



# Contraindications for Fitness Membership

Fitness training supports health, enhances performance, and promotes overall physical and mental well-being. However, certain health conditions may make training inadvisable or medically impossible.

The following conditions generally exclude massage treatments:

- **Acute injuries**  
such as fractures, muscle or ligament tears
- **Musculoskeletal disorders**  
e.g. herniated discs, acute joint inflammation...
- **Cardiovascular diseases**  
such as high blood pressure, arrhythmias, heart attack...
- **Infections and any kind of febrile illnesses**
- **Open wounds or other skin injuries**
- **Pre-existing conditions**  
Known or suspected conditions must be clarified with a doctor before beginning training.

## Use of the Fitness Studio

By using the fitness studio, the customer confirms that they are in good health and/or, in the case of pre-existing conditions, have obtained medical clearance.

Furthermore, the customer acknowledges this disclaimer of liability.

## Special Opening Hours for Fitness Customers

During the designated opening hours of the Silvretta Therme, access to the fitness studio is via the main entrance. Outside these hours – including the off-season – subscription holders have daily access from 5:00 a.m. to 1:00 a.m. through the special entrance at Brandweg (between the buildings).