

中文

启东吕四港假日酒店健身中心面向**住店宾客免费开放**，凭房卡刷卡进入。场馆采光通透、通风舒适，配齐全套专业有氧与力量器械，涵盖跑步机、椭圆机、动感单车、综合训练器、哑铃杠铃组，搭配瑜伽垫、瑜伽球等辅具，满足慢跑塑形、力量增肌、放松拉伸等多元健身需求。

使用规范

1. 营业时间：6:00-22:00
2. 独立使用最低年龄：16 周岁；12-15 周岁未成年人须成年住客全程陪同；12 周岁以下儿童禁止入内
3. 场内禁止吸烟、饮食，运动请自备毛巾与饮用水
4. 贵重物品自行妥善保管

English

Fitness Center, Holiday Inn Qidong Lvsì Port Complimentary for in-house guests with room key access. Bright and well-ventilated, the center is fully furnished with cardio & strength equipment including treadmills, elliptical trainers, stationary bikes, multi-gym, dumbbells and barbells. Yoga mats and fitness balls are provided for stretching and functional training. Opening Hours: 6:00 - 22:00 Age Policy: Min. 16 years old for independent use; guests aged 12-15 must be accompanied by an adult guest; children under 12 are not allowed. No food, drinks or smoking inside. Please bring towels and water for workout.



二、精简宣传版（电梯海报 / 大堂立牌）

中文

启东吕四港假日酒店 健身中心完整介绍（IHG 标准，分多版本）

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