



Club Rules

ACCESS AND OPENING HOURS

By accessing the gym, members are deemed to have read and agreed to the Terms and Conditions within the Club Membership Form. The Club's opening hours, as amended from time to time, are displayed at reception. Members must ensure they cease use of the Club facilities at least 30 minutes before the Club closes to allow adequate time for showering and dressing. Check-in by use of the FitSense App QR Code or by giving your name at reception every time you visit the gym.

FITNESS AREAS

Club approved footwear and clothing must be worn at all times. Access to the fitness areas may be limited in the event of classes or pre-organised sessions. Details of these will be posted on Club notice boards. Use equipment with care and as intended. Make all effort to return equipment to where you found them if moving them. If you are unsure as to how to use a piece of equipment you must seek advice from a qualified the Club staff member (Personal Trainer qualification) before using the equipment. Equipment must be wiped down after use and it is recommended to wipe down before use.

CHANGE ROOMS AND LOCKERS

Make use of the Change Rooms for dressing and respect the dignity and privacy of other members. For security reasons, Members and guests are asked to store personal belongings in the lockers provided. Do not leave belonging unattended or when they obstruct other members and staff in the fitness area. All usage of lockers is governed by the membership terms and conditions. Lockers are provided on a daily basis only, and items left overnight will be removed on the following day and treated as lost property.

LOST PROPERTY

All lost property found on the premises should be handed in to the Club reception. Items whose ownership cannot be identified will be stored by the Club for six weeks and then donated to local charities. Items which appear valuable may be sold with the proceeds donated to charity.

SAFETY AND HYGIENE

In the interest of Safety and Hygiene, no crockery or glasses are allowed in the changing rooms, fitness areas, studios and other activity areas. No pets will be allowed in the Club premises, with the exception of guide dogs. Children (under the age of 16) are not allowed in the gym. Entry to the Club is only permitted at the Club reception and entrance. Fire exits, which are clearly marked, are there in the interests of safety and members and guests must not interfere with these doors for any reason. In the event of an emergency evacuation, members and guests must immediately make their way in an orderly fashion to the nearest available exit.

BEHAVIOUR

If any member shall cause nuisance or annoyance to other members, guests or Club staff, or misuse the Club facilities, or breach any etiquette guidelines, or generally behave inappropriately, the Club reserves the right to refuse admission or suspend or terminate membership. In particular, abusive language, threatening or violent behaviour will not be tolerated. All minors using the Club must be supervised by an accompanying adult at all times. No photography (including the taking of images through a mobile phone or camcorder) is allowed in any area of the Club.

TRAINERS

The Club has certified Personal Trainers and they are the only trainers with permission to provide training for members.

CLASS RULES

Attendees must arrive promptly for the start of the class. Attendees are required to book a minimum of 1 day in advance to ensure that they gain a space in the class. Attendees must cancel at least 12 hours before the class starts. The Club reserves the right to charge a member for a class if not cancelled within this time. Payment for classes can be made online or at reception. Attendees must have paid for the class at the end of the class at the latest.

COMMENTS AND COMPLAINTS

Please refer to any comments or complaints to a member of the Club staff. Written complaints must be addressed to the Club General Manager.

GENERAL

Water, protein shakes and general soft drinks can be brought into and consumed within the Club or its grounds. Alcoholic or illegal substance are strictly not allowed. The Club is a non smoking environment. No Sparring is allowed in the cage or anywhere in the fitness area. Use of gloves is required when using the punching bags. No shoes to be worn when kicking bags. Members must inform the Club staff of any changes to their personal details including name, address, mobile number, email and direct debit, so that these can be updated.

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

Upon joining the Club all new members are required to complete and sign a Physical Activity Readiness Questionnaire. The purpose of this is to ensure that the Club's staff are fully informed of any physical or medical condition which could affect the members ability or suitability to take part in physical activities. Only if the Club's staff are fully and accurately informed, can they assess the member's health and fitness level and prepare an appropriate exercise program. The Club strongly recommends that all members seek medical advice before commencing a new exercise programme and The Club reserves the right to request a doctor's certificate and to reject a membership application if a satisfactory doctor's certificate is not received by The Club.