

Rules of Membership

1. Opening times and fees

The facility is open 48 weeks per annum.

All training sessions are bookable between the following times:-

6am to 9pm - Monday, Tuesday, Wednesday, Thursday and Friday

6am to 12pm - Saturday

To book a training session please check the online schedule for availability.

Timings may be subject to variation for operational reasons.

Public holiday opening times may be altered at the discretion of the company.

The facility will close for a maximum of 28 days per year. Members will be notified in advance of any closure periods.

Membership fees are calculated based on 48 operational weeks per annum.

2. Use of the facility

- Use of the facility is dependent on you maintaining your membership fee payments. If payment to BFIT PT Ltd (the company) is not received on the due date for payment, then your membership will (except in exceptional circumstances and at our sole discretion) be automatically suspended until all due payments have been brought up to date.
- You will be provided with a personal non-transferable account I.D. reference. If your membership I.D. is used by anyone else with your knowledge or consent, then we reserve the right to suspend and/or cancel your membership.
- Any personal belongings brought into the facility is done so at your own risk. We regret that we cannot accept liability for any loss or damage that may occur to personal items brought into the facility.
- We endeavour to ensure that all facilities, training sessions and equipment are available during the advertised opening times. However, occasionally, facilities or equipment may be unavailable, or sessions cancelled.
- You must disclose all health information as requested to ensure we are fully informed of anything that may impact or alter how we work with you. You must keep us updated on any changes that may occur to your overall health. This includes all medical conditions, physical and mental, injuries, allergies, and medication that you may be prescribed. If necessary and if requested, you may need to seek clearance from your doctor or relevant health professional before participating in an exercise programme at our facility.
- Exercise is hugely beneficial, however, there remains some element of risk in participating in a program of strenuous exercise that we require you to be aware of. All members will be asked to complete a Physical Activity Readiness Questionnaire (PAR-Q) and to certify that their answers to the questions are true and complete to the best of their knowledge.

- You accept and understand that your Trainer is not responsible for any injury claim sustained while participating in a fitness programme except where the injury has been caused by either gross negligence or through an intentional act by your Trainer.
- Training programme or coaching course results are not guaranteed. Members progression depends upon their efforts and co-operation in and outside of the training sessions.
- Suitable gym clothing and clean trainers must be worn at all times. Members accept that failure to wear the appropriate clothing may result in exclusion from a Group training session or cancellation of a Personal training session.
- All equipment and facilities must be treated with respect. Please refrain from dropping weights and ensure they are replaced after use.
- You must not use the gym or participate in a training session when under the influence of alcohol, drugs or any medication that may affect your safety and the safety of others.

3. Bookable sessions

- Bookings are only accepted from members whose membership fees are up to date.
- If on arrival you are a beginner or have an injury or illness that may affect your ability to participate, please advise the trainer before the session starts.
- Participation in a training session may be refused should you arrive after the warm-up has been completed.
- All training sessions and trainers are subject to change.
- We reserve the right to restrict a members' ability to pre-book a session if the member persistently fails to attend booked sessions.

4. General

- Membership does not guarantee the availability of a parking space. Parking spaces are available on a first come first served basis.
- For personal training clients' physical assessments, such as measurements and posture alignment, will require the Trainer to have physical contact with you. You must state if you are uncomfortable with this requirement.
- Members must keep their personal details up to date at all times. Please advise the company of any changes and where required update your account on the booking system.
- Smoking, including any form of vaping/e-cigarettes is not permitted within the premises.
- Please ensure you familiarise yourself with the signs, notices on display and the location of emergency exits within the facility.
- Abusive language and/or violent, threatening behaviour towards any staff or other gym members will not be tolerated. The use of such behaviour will result in the member being asked to leave the premises and may result in termination of any form of membership.
- Failure to adhere to the Rules of Membership may result in the termination of your membership without notice.