*GYM RULES*

**Crouch Fitness gym & class Rules.**

We’ve updated our Gym rules as part of our commitment towards keeping you and our staff safe while in the gym. Please ensure you read the full gym rules below. Failure to comply with may result in you being asked to leave the gym.

**General Gym Rules**

* On joining all members are offered a comprehensive induction to instruct you on the use of the gym equipment. You are strongly advised to undertake this. Crouch Fitness will not accept any liability for any claim for personal injury if you use the gym equipment having not undertaken an induction from a member of Crouch Fitness.
* Induction bookings can be made via Nina Crouch.
* If you are unsure as to how to use any piece of equipment you must seek advice from a qualified member of the Crouch Fitness staff before use such equipment.
* Please bring and use sweat towels to wipe down kit after use.
* For safety reasons, bags are not permitted onto the gym floor and correct attire must be worn when exercising i.e. suitable comfortable exercise clothing and appropriate footwear. Clothing such as jeans, boots, flip-flops/sandals, slip on shoes or work wear are not permitted. Football tops may also not be deemed appropriate in the gym. Any member not wearing suitable attire may be asked to leave the gym.
* You may not use the gym whilst under the influence of alcohol, narcotics, tranquilizers or any medication or other substance which may affect your ability to exercise safely. Crouch Fitness reserves the right to remove you from the premises if it reasonable believes you are unfit to use the facilities.
* Can you ensure that you put your weights back in their original place when finished, failure to do so may result in your membership being terminated.
* Please do not misuse the weights by dropping them on the floor, failure to do so may result in your membership being terminated.
* Please do not take photographs/videos unless permission is sought. Do not post remarks to the internet that may identify another person.
* You must not behave in an aggressive, abusive, anti-social or threatening manner to any staff or member, any one doing so will have their membership terminated immediately and Crouch Fitness reserves the right to contact the Police if deemed necessary.
* Members are solely responsible for their own belongings whilst visiting Crouch Fitness. Crouch Fitness accepts no responsibility for any loss or damage to personal property.
* Members must inform Crouch Fitness Limited of any change of contact and email address or telephone numbers. These changes can be made in the gym catch app.
* By accessing the gym and using the gym equipment members are deemed to have read and understood the terms and conditions of membership.
* Should your Physical Activity Readiness Questionnaire result in you being required to discuss your intention to exercise with your doctor, please be aware that your subscription remains active and any fees collected are non-refundable.
* Smoking, including e- cigarettes are strictly prohibited in all areas of the gym. Any member found to be breach of this rule may have their membership terminated.
* Members may not bring any pets (other than official aid dogs) into the gym.

**Class booking rules**

* Members must arrive promptly for class start times, late arrival may result in being refused entry to the class.
* Members are recommended to book in advance to ensure that a class has space for them.
* Members can book online from 6 weeks in advance.
* A maximum of 8 classes can be booked by a single member at any one time.
* Crouch Fitness operates with a “three strikes” non-attendance rule, whereby three no-shows within a 28 day rolling period will result in an 14 day booking ban. Any future classes you have booked will also be cancelled. You must cancel your class at least 12 hours before it starts or this will be recorded as a no show.
* Our classes get full. If a member is unable to attend, they should cancel in advance of the class to avoid receiving a strike. If a class is full a member can book onto a waiting list. An app notification will be sent confirming the members place on the waiting list.
* Members with extenuating circumstances impacting their ability to attend classes should contact Member Services.

Last updated 9/11/23.