

Terms and Conditions

Last updated: 01/09/2025

Welcome to **The Gym**. By becoming a member or using our facilities, you agree to the following Terms and Conditions. Please read them carefully.

1. Membership

- 1.1 Memberships are available only to individuals aged 16 and over.
 - 1.2 All memberships are non-transferable.
 - 1.3 Membership fees must be paid in full, either monthly or annually, in accordance with your chosen plan.
 - 1.4 We reserve the right to refuse, suspend or cancel membership if a member breaches these terms, behaves inappropriately, or causes harm to other members, staff, or property.
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2. Payments

- 2.1 Membership fees are payable in advance and are non-refundable except as required by law.
 - 2.2 Failure to pay fees may result in suspension of access to the gym until payment is received.
 - 2.3 Any promotional offers or discounts will be subject to their own terms and conditions.
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3. Use of Facilities

- 3.1 Members must follow all health and safety rules displayed in the gym and as instructed by staff.
 - 3.2 Proper attire and footwear must be worn at all times.
 - 3.3 Equipment must be used responsibly and returned to designated areas after use.
 - 3.4 Personal belongings are the responsibility of the member; The Gym is not liable for any lost, stolen, or damaged items.
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4. Personal Liability and Health

- 4.1 All exercise and use of facilities at The Gym are undertaken at your own risk.
- 4.2 By using our facilities, you confirm that you are in good physical condition and know of no medical or health reason that would prevent you from safely engaging in exercise.
- 4.3 The Gym will not be held liable for any injury, illness, accident, or death that occurs from

the use of facilities, except where caused by negligence on our part.

4.4 Members are strongly advised to seek medical advice before beginning any new fitness programme.

5. Personal Training & Classes

5.1 Personal training and classes may be provided by The Gym staff or authorised partners only.

5.2 Sessions must be booked in advance and are subject to availability.

5.3 Cancellations may be subject to fees if notice is not provided within the stated time frame.

6. Conduct

6.1 Members must treat staff and other members with respect at all times.

6.2 Harassment, abusive behaviour, or misuse of facilities will result in termination of membership without refund.

6.3 The Gym operates a strict no drugs or alcohol policy on the premises.

7. Changes to Terms

7.1 The Gym reserves the right to amend these Terms and Conditions at any time. Updates will be posted on our website, and continued use of the facilities constitutes acceptance of any changes.

8. Governing Law

These Terms and Conditions are governed by the laws of England and Wales. Any disputes will be subject to the exclusive jurisdiction of the courts of England and Wales.