



Our Gym

Rules of Membership

1. Your times of use:
 - Monday – Friday 6am-10pm
 - Saturday & Sunday 8am-6pm

These times are subject to variation for operational reasons.
2. Use of the facilities
 - a. This is dependent on you maintaining payments of your monthly direct debit. If any monthly direct debit payment 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.
 - b. You will be provided with your personal non-transferable membership number that you will be requested to show at the start of your activity session. If your membership number is used by anyone else with your knowledge or consent then we reserve the right in our sole discretion to suspend and/or cancel your membership.
 - c. Membership fees do not cover the cost of lockers. Any property stored in lockers is stored at your own risk. We regret that we cannot accept liability for any loss or damage that may occur to items stored in lockers.
 - d. On joining, all members are offered an induction to instruct you on the use of the equipment. We strongly recommend that this is undertaken. If you are subsequently unsure how to use any equipment, please ask a member of the team.
 - e. You must inform us if you have sustained a personal injury elsewhere or have developed a medical condition that may have consequences for training.
 - f. Suitable gym clothing and clean trainers must be worn at all times. Denim is not permitted.
 - g. Equipment must be treated with respect. Please refrain from dropping weights and they should be replaced after use.
 - h. Machines and equipment must be wiped down after use, left clean and dry and replaced in the correct area.
 - i. You may not use the gym or participate in a class when under the influence of alcohol, drugs or any medication that may affect your safety.
 - j. Only Our Gym Personal Trainers are permitted to train members in Our Gym.
3. Bookable activities
 - a. Bookings are only accepted from members whose membership fees are up to date.
 - b. Bookings can be made 24 hours in advance.
 - c. Attendance for your class must be registered upon arrival at the reception desk.
 - d. Cancellation of a booking must be made no later than 4 hours before the booking is due to start. Any cancellations received within 4 hours of the start time will mean you may be charged.
 - e. If you do not attend a booking you will be charged.

- f. If you have an injury or illness that may affect your ability to participate, or if you are a beginner, please consult the instructor before the class starts.
- g. Entrance to a class may be refused should you arrive after the warm up has been completed.
- h. Classes and instructors are subject to change.
- i. We reserve the right to restrict a members ability to pre-book classes if the member persistently fails to attend booked classes.

4. General

- a. You will be given a free key fob with your membership. Should you require a replacement, a fee will be charged.
- b. Membership does not guarantee the availability of a parking space. Parking spaces are available on a first come first served basis. Parking is limited to a maximum of 3 hours.
- c. Members must keep their personal details up to date at all times. Any changes should be made via the members area in our booking system.
- d. Smoking (including e-cigarettes) is not permitted.
- e. Food and chewing gum are not permitted within the gym area or during classes.
- f. We ask you to familiarise yourself with the contents of our signs, notices on display and the location of the emergency exits.
- g. You are required to abide by our policy on the use of cameras, video and mobile phones.
- h. Failure to adhere to these rules may result in the termination of your membership.