

Body Fit Terms & Conditions

Membership Card

A membership card will be issued to each member when they join Body Fit Health & Spa.

For verification purposes each member must have his/her membership on them. Any member without membership card may be asked for proof of identification.

A member must not lend his/her membership card to anyone else as membership is personal and covers only the member's use of the gym.

On termination of membership for any reason, the member is required to surrender their membership card to Body Fit Health & Spa.

General

All members are respectfully requested to arrive no later than 45 minutes before the gym is due to close.

All members are respectfully requested to prepare to leave gym 15 minutes before the gym is due to close and leave the gym premises punctually at time of closing.

6 and 12 month memberships can be put on hold once for a maximum period of 4 weeks.

Gym Use

Appropriate clean exercise clothing and enclosed sport shoes must be worn whilst exercising in gym. No work boots allowed.

All members are required to use clean towels to lie on when using equipment at all times. Members are requested to use their towel or paper towel to wipe down equipment after use. A no towel no train policy will be strictly enforced. Towels are available to be purchased.

Members may not use the gym whilst under the influence of alcohol, antihistamines, beta-blockers, narcotics, or tranquilisers.

If you have high or low blood pressure, heart disease and or diabetes you should consult your doctor prior to using the gym.

Behaviour

Members should conduct themselves in a quiet and well-mannered fashion when in or about the gym and in a manner that will not disturb or impair the use and enjoyment of the gym by any other person. In particular members may not use foul, loud or abusive language, or harass another member, guest, visitors or members of staff. Members may not bring, use or be under the influence of illegal drugs in any part of the gym. Members may not bring any intoxicating liquor into the gym or be drunk in gym.

Body Fit Health & Spa may terminate any member's membership and may refuse entry into gym or eject you from gym if you commit a serious or repeated breach of these rules or your membership contract (if applicable) or engage in any other serious misconduct.

Members must be dressed in suitable attire at all times when on gym premises and appropriate exercise clothing is required when exercising in the gym. Guidance as to suitable attire may be obtained from the manager/owner of Body Fit Health & Spa who may, at his/her discretion, require you to leave the gym premises if your attire is not considered suitable.

Personal Hygiene should be considered when visiting the gym, it is appreciated that everyone wears deodorant and is aware of their own body odour.

Lockers

Lockers are available subject to availability at counter. Body Fit Health & Spa does not undertake that use of a locker will guarantee in no theft or damage to your property will occur. Lockers may only be used for purposes of keeping gym kit, toiletries and the clothing that you were wearing when you came to the gym. If Body Fit Health & Spa has reasonable grounds to suspect that lockers being used in breach of this rule, Body Fit Health & Spa reserves the right to open locker in question (by force if necessary) and remove any offending items.

Without exception all lockers will be opened at end of day and belongings removed. Your belongings will be available for collection from gym management for a period of two (2) days. If you do not collect your belongings within two (2) days, your belongings may be donated to charity.