

ANGLIA COMMUNITY LEISURE FITNESS STUDIO TERMS AND CONDITIONS

General:

1. All applicants must complete a Pre-Activity Readiness Questionnaire (PAR-Q) prior to joining the Fitness Studio as an authorised user.
2. Regular induction classes are provided explaining the safe and proper use of each piece of equipment and users must attend an induction class before being allowed to train.
3. If you choose one of the ACTIVE Leisure Card packages either by monthly Direct Debit or Annual payment, you will be able to access facilities appropriate to that package type without further payment but subject to availability and normal centre booking procedures.
4. Fitness Studio membership is not transferable to any other person and joining fees are non-refundable.
5. Users who cease to use their Fitness Studio membership for a period of six months will be considered to have terminated their membership and will be required to attend a paid induction and complete a new PAR-Q before using the Fitness Studio. (Considered a new member)

Terms of use:

6. MEMBERS MUST SIGN IN AT RECEPTION ON EACH VISIT TO USE THE FACILITY

7. At busy times a one-hour session limit will apply.
8. Please observe the dress code:
 - Don't wear jeans (something loose fitting is better),
 - No bare feet (trainers must be worn)
 - Do wear a training vest or T-shirt (even on the hottest day)
 - Personal hygiene is important (both to you and the people you train with)
9. In the interests of hygiene and other users all equipment should be wiped down after use.
10. Personal headphone sockets and iPod docking ports are available for use by Members on all non Inclusive Fitness Initiative (IFI) accredited cardio vascular (CV) equipment.
11. Background music is played for the benefit of those users that do not wish to use headphones. The availability and volume of the music is at the discretion of the management.
12. Please switch off your Mobile Phone when using the Fitness Studio.
13. Last entry will be thirty minutes before the published closing time. Members must vacate the facilities at the published closing time to allow time for showering and changing before the Centre closes.
14. Lockers are provided for the safety of possessions and should be used.
15. We reserve the right to refuse access to the facilities if you act in a way that may cause offence or distress to others; or that in our opinion presents a risk to others health including your own; or if you fail to use the equipment safely and properly; or as instructed by our staff.
16. Members will not be allowed to use the facilities under the influence of alcohol, drugs or if they have an infectious/contagious disorder/illness.
17. For safety reasons children under 13 years are not permitted to use Fitness Studio.
18. Children under 16 are not permitted to use the Sauna or Spa facilities if available at the Centre of use.

Miscellaneous:

19. The Centre or an individual facility may be closed due to bad weather or any unforeseen circumstances outside our control, For specific functions, bank holidays or for programmed repairs/maintenance, where possible notices will be displayed in advance. No refund of the membership fees even in part will be given under these conditions.
20. The management reserves the right to change the programme without notice.
21. Anglia Community Leisure or its staff cannot be held responsible for any injury, loss or damage to belongings however caused except injury arising from the negligence of the Trust or its staff.
22. Acceptance of Fitness Studio membership means agreement to the Terms and Conditions of use.
21. All correspondence regarding the Fitness Studio should be addressed to: Anglia Community Leisure, c/o Newmarket Leisure Centre, Exning Road, Newmarket, CB8 0EA. Telephone: 01638 7826535