



GYM RULES

- Use your own Fob Key every time you visit QGYM. As it's personal to you, please don't let anyone else use it or we'll have to charge you access fees. We monitor fob usage by CCTV 24/7 to ensure the safety of our members and misuse may result in us applying additional charges to your membership fees. For full details of our Fob Key Abuse Policy please refer to your Membership Terms and Conditions.
- On joining all members are offered an induction to instruct you on the use of the gym equipment. QGYM will not accept any liability for any claim for personal injury if you use the gym equipment having not undertaken an induction from a qualified member of staff.
- Induction bookings can be made via your member app online or as well as directly at the gym.
- If you are unsure as to how to use any piece of equipment you must seek advice from a qualified member of staff.
- 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 or work wear are not permitted. 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 or any medication or other substance which may affect your ability to exercise safely. QGYM reserves the right to remove you from the premises if it reasonable believes you are unfit to use the facilities.
- As a courtesy to other members, a small gym towel must be carried to wipe down equipment after use.
- 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. We have signs within the gym to help remind you to put your weights back. IF you see any weights that you are enabled to put back, please ask a member of staff.
- 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 on the premises or post remarks to the internet that may identify another member.
- You must not behave in an aggressive, abusive, anti-social or threatening manner to any staff or member, anyone doing so will have their membership terminated immediately and QGYM reserves the right to contact the Police if deemed necessary.
- Only QGYM staff, licensed personal trainers are permitted to train members in the Gym. Anyone else undertaking members' training will be asked to leave the gym immediately.
- Members are solely responsible for their own belongings whilst visiting QGYM. QGYM accepts no responsibility for any loss or damage to personal property.
- Although we will always endeavor to return any articles of lost property to the owner, we do not take responsibility for any item held in lost property. Such items will be kept until claimed, but for no longer than one week after which time the items will either be donated to charity or destroyed.
- Members must inform QGYM of any change of contact and email address or telephone numbers. These changes can be made in the member log in or directly at the gym.
- 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.
- Classes - 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 7 days in advance.