



GYM RULES

On joining Imperial Bodies Gym all members are offered a comprehensive induction to instruct you on the correct use of all the gym equipment and ensure your safety.

Imperial Bodies Limited 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 Imperial Bodies staff.

Should your Physical Activity Readiness Questionnaire result in you being required to discuss your intention to exercise with your GP you will not be permitted to sign up for membership until considered suitable by your GP to commence a fitness routine.

Members requesting 24/7 access must be over 21 years of age and have a full induction on all equipment by a qualified member of Imperial Bodies staff, you will also be required to pay membership fees by Direct Debit for continuous use of the gym during unstaffed hours.

Under no circumstances are you permitted to give or share your PIN with another person. To protect the interests and ensure the safety of our valued, paying members, offenders will have their membership cancelled without any refund.

All members entering and exiting Imperial Bodies Limited during unstaffed hours are monitored by CCTV to ensure member safety and prevent PIN number abuse.

STAFFED HOURS

Monday – Friday 6am – 9pm

Saturday 8am -4pm

Sunday 10am – 2pm

Members must inform Imperial Bodies Limited of any change of permanent address, email address or telephone numbers.

You may not use the gym whilst under the influence of alcohol, drugs, tranquilizers or any medication or other substance which may affect your ability to exercise safely. Imperial Bodies Limited reserves the right to refuse you entry to the premises if it believes you are unfit to use the gym.

Only imperial Bodies authorised personal trainers are permitted to train members in the Gym. Anyone else undertaking members' training will be asked to leave the gym immediately.

By accessing the gym and using the gym equipment members are deemed to have read and understood the terms and conditions of membership.

Improper use of equipment that causes damage to others or the facility will result in the member responsible being banned from the club and in severe cases legal action will be taken to cover the cost of such damages.

Compliance with free weights includes the following;

Collars are to be used at all times to secure the weights on the bars.

Weight plates are not to be leaned against equipment, benches or machines.

After using the equipment, strip the weights from the bars and return the plates and dumbbells to proper storage areas.

You must put your weights back in their original place when finished, failure to do so will result in your membership being terminated with no refund.

Wipe down benches and machines after use using the disinfectant wipes provided.

Chalk is available and must be used inside the bucket and any spills highlighted to staff.

You must not behave in an aggressive, abusive, anti-social or threatening manner to any staff or member, any one doing so will have their membership terminated immediately and Imperial Bodies Limited reserves the right to contact the Police if deemed necessary.

Eating or drinking is prohibited inside the gym, you are permitted to use capped water bottles.

Smoking, including e- cigarettes are strictly prohibited in all areas of the gym. Any member found to be in breach of this rule will have their membership terminated.

The Changing Rooms and shower will be available for use between all hours.

Gym participants should report all equipment malfunctions, personal injuries and specific concerns immediately to the staff.

Any member failing to observe the stated rules or regulations and terms and conditions, at the discretion of the gym, will have their MEMBERSHIP REVOKED WITHOUT REFUND.