



Abi's Gym – Pay-As-You-Go Membership Terms & Conditions

Full Name:

Tel no:

Town/Post Code:

Address:

1. Personal Details

Members must provide accurate personal information, including name, address, contact number, and payment details, at the time of registration. It is the member's responsibility to update any changes to these details promptly.

2. Membership Overview

This Pay-As-You-Go membership operates on a rolling monthly basis with no fixed-term contract. Payments are made in advance each month, and membership continues until terminated by the member or Abi's Gym under these terms.

3. Refunds: No refunds will be issued for unused days during the billing period.

4. Membership Suspension

In the event of government-mandated closures or restrictions (e.g., lockdowns), Abi's Gym reserves the right to suspend memberships. Payments may be paused or memberships extended for the period of closure. Members will be notified of any changes.

5. Early Termination



If a member wishes to terminate their membership mid-month, they remain liable for the full payment for that month.

No refunds will be issued for mid-month cancellations.

Any unpaid balances must be settled in full before termination is finalized.

6. Late Payments

For Pay-As-You-Go memberships, payment is required **in advance** to access the gym. If payment is not received, members will not be allowed to use the gym until the outstanding amount is paid in full.

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7. Member Responsibility

Members are responsible for ensuring payment details are accurate and up-to-date to avoid missed payments.

Members are expected to follow gym rules and conduct themselves respectfully toward staff and other members.

8. Liability and Health Declaration

Abi's Gym is not liable for personal injury, loss, theft or damage to personal belongings brought into the gym premises, it is the responsibility of the members to ensure the safety and security of their possessions

Members are required to declare that they are fit to exercise. Abi's Gym recommends consulting a medical professional before beginning any exercise program and to fill out a PARQ when joining Abi's Gym

9. Code of Conduct

Members must adhere to gym policies, including respecting equipment, maintaining hygiene, and avoiding disruptive behavior.



Failure to comply with the Code of Conduct may result in suspension or termination of membership without refund.

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10. Termination for Breach of Rules

Abi's Gym reserves the right to **immediately terminate a membership if a member:**

- Violates gym policies or safety rules.
- Engages in behavior that is disruptive or harmful to other members, staff, or the gym environment.
- Fails to comply with staff instructions regarding safe equipment use or facility guidelines.

In such cases, no refunds will be provided, and any outstanding dues will remain payable.

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11. Collection of Personal Belongings Upon Termination

- Members are required to collect all personal belongings, including indoor trainers, upon termination of their membership or at the end of their last visit to the gym.
- Abi's Gym will hold any uncollected belongings for a period of 30 days after membership termination.
- After 30 days, uncollected items will be considered abandoned, and Abi's Gym reserves the right to dispose of them at its discretion.
- Abi's Gym accepts no liability for any loss, damage, or disposal of personal belongings left uncollected after this period.

Health and safety

I confirm I have declared to Abi's Gym all known medical conditions I have which may be affected by an exercise program and I understand it is my absolute responsibility to ensure that any exercise program of my own choice I undertake within Abi's Gym is fully suitable for me with regard to these known health conditions and should I be unsure of this I will seek suitable professional medical advice before commencing the exercise programme.

Upon joining the Gym and during your time as a member we ask you to agree to the following:



- I accept that I must take the time to familiarise myself with the gym instructions displayed in and around Abi's Gym and on any fitness equipment with regard to its safe use. If I decide that I require any assistance in the use of the fitness equipment, then I will ensure that I make an appointment with a suitably qualified Abi's Gym staff who will assist me to use the Gym's equipment safely and effectively.
- I will always follow any instructions given by Gym staff at all times whilst in the Gym.
- I confirm I have considered my own personal fitness requirements and will always exercise within my own abilities taking account of any disabilities or physical limitations which I may have.
- I understand that it is my personal responsibility to stop exercising immediately should I feel ill or require assistance.
- I accept that it's my responsibility to decide if any medical condition I have may require advice from my own medical advisor before personal embarking on a exercise program, I accept that I will decide if any medical condition I have that may require advice from my own medical advisor before embarking on an exercise programme of my choice at the Abi's Gym.
- I will always use Abi's Gym equipment with care and ensure that in its use I don't not harm myself, others present or abuse or damage the equipment itself.
- I will follow all fire safety rules, signs, procedures and staff instructions where necessary.
- I agree to follow other general rules of the gym as signposted or advised which may be subject to alteration or change over time.
- I have read all of the Terms and Conditions above and confirm everything is correct and acceptable to me. I agree to joining Abi's Gym membership based on the terms and conditions stated.

By signing this agreement, I confirm I have declared all known medical conditions that may be affected by an exercise program. I acknowledge it is my responsibility to ensure I exercise safely and within my abilities

Privacy Notice

Abi's Gym reserves the right to **notify all members of changes** to its terms and conditions, fee structures, or operational policies via email or notices displayed within the gym. All required changes will take effect on the date specified in the communication.

By completing this form you agree and accept that we may gather, process, store and/or use the personal data you disclose for the purpose of providing you with the services defined in this membership agreement. A copy of our privacy notice is provided as part of this agreement.

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Full Name:

Member Signature:

Date:



Declaration: By using Abi's Gym services, you acknowledge that you have read, understood, and agree to abide by these Terms & Conditions.

Contact Information

For cancellations, account updates, or any inquiries, please contact us at:

Email: Fitness@abisgym.co.uk

Phone: 07850968187

Address: Unit 9, The Quarry, Grantham Road, Waddington, LN59NT