

Club Rules

These rules form part of your agreement with City YMCA, London Fitness. Please read them carefully. Please ask the club manager for clarification if required.

1. Categories of paid agreements

- 1.1 Your category of agreement determines which facilities you can use at the Club and when you can use them. The categories of agreement are as follows:
- 1.2 Excite Committed 12 month contract giving unlimited access to the gym and classes.
- 1.3 Excite Uncommitted 1 month contract giving unlimited access to the gym and classes.
- 1.4 Corporate Committed 12 month contract giving unlimited access to the gym and classes.
- 1.5 Gym & Swim 12 month contract giving unlimited access to gym, classes and Golden Lane swimming pool.

Free pass

This will entitle you to full use of our club free of charge, restricted by times and dates specified on the pass.

2. Set out categories

- 2.1 Categories of agreement are available only to persons who meet the eligibility requirements. When you apply for a club agreement or if you apply to change your class of agreement, you may have to provide evidence of eligibility.

3. Additional charges for facilities

- 3.1 A £25 joining fee is charged on a new agreement and an agreement that has lapsed for more than 1 week.
- 3.2 A £6 fee is charged for replacing lost cards.
- 3.3 A £10 fee is charged for replacing a locker key and reopening the locker.
- 3.4 Personal Training is charged by the trainer and is not included in any agreement.
- 3.5 Therapies are charged by the therapist and is not included in any agreement.
- 3.6 A £10 fee is charged for the return of items found in lockers not authorised for overnight use.
- 3.7 There may be an additional charge for courses added to the timetable.

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4. Club notice board

4.1 You must obey notices and signs on display in City YMCA Fitness. You should make sure that you and your children and any junior customers you are responsible to keep to the rules displayed on the notices and signs while at the Club. It is not acceptable to write on notices in and around the gym. This could result in refused entry to the gym.

5. Children

5.1 If your children are under 16, they must be accompanied and supervised at all times by an adult.

5.1 Children under the age of 16 may not use the sauna.

5.2 Children under the age of 16 may not use the free weight area.

5.4 We do not provide a service for children under the age of 12.

6. Saunas & shower rooms

6.1 You must shower before and after use of the saunas.

6.2 You should not use these facilities if you have high/low blood pressure, cardiac irregularities, asthma or are pregnant. If you have any concerns please consult your doctor.

6.3 You must wear a conventional swimming costume or be covered with a towel whilst using the sauna.

6.4 Oils and creams must not be used in the sauna.

6.5 Items of clothing or towels must not be dried or left in the sauna at any time. They will be removed immediately.

6.6 You must not remove locker keys from the building without authorisation. To do so is a criminal offence. Unless you have hired a locker, once you have finished your workout, return the key to the locker and vacate. The locks of locked lockers will be changed and any items impounded.

6.7 If you are found to be reserving a locker by keeping hold of the keys you will be in breach of section 6.6 and the club may press charges.

7. Gymnasium and classes

7.1 You must wear suitable attire and shoes at all times.

7.2 All items must be kept off the gym floor.

7.3 You must not take food into the gym, studios or changing areas. Non alcoholic beverages are permitted in plastic containers.

7.4 You may pre-book certain courses with reception up to 7 days in advance. If you do not use a booking, you will be charged a "no show" fee.

7.5 You must have a small towel at all times while working out in the gym.

8. Lost property

8.1 Lost property will be held for a period of 1 month at main reception. Any property unclaimed after this time will be given to a charitable cause or destroyed.

8.2 City YMCA does not take responsibility for items left in the lockers or on the premises. We advise if you bring valuables you do so at your own risk.

9. Etiquette

9.1 All equipment must be used correctly and returned after use.

9.2 Please be considerate in sharing equipment with others at busy times.

9.3 Please keep cardio workout to 20 minutes if other customers are waiting for machines.

9.4 Please do not sit on equipment for long periods of time.

9.5 Please use bins provided to discard all rubbish.

9.6 Please refer to the health and hygiene notices. We advise for your own safety that you adhere to them at all times.

9.7 General courtesy between staff and customers should be practised at all times.

9.8 Suggestions and complaints need to be in writing to the manager. Gym staff will provide all customers with the forms to be used.