Terms and Conditions

This agreement commences once you have indicated acceptance during the web sign up process. This agreement is between you and Fire Strength and Fitness Ltd. Please make sure you read carefully.

By agreeing to these terms and conditions you are agreeing that

* Your doctor has never said that you have a heart condition or need any authorisation from a doctor to partake in physical activity.
* You do not feel pain in your chest when you do physical activity.
* In the past month, you haven't had chest pains while inactive.
* You don't lose balance because of dizziness or lose consciousness.
* You don't have a bone or joint problem that could be made worse by a change in your physical activity.
* Your doctor isn't currently prescribing medication for your blood pressure or heart condition.
* You know of no other reason why you should not take part in physical activity.

If any of the above apply to you, please bring in a letter of authorisation from your doctor, stating you are safe to partake in physical activity before using the club.

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You must be 16 or older to use the equipment at the club.

We must have your details on file before you access our club.

If you are a member, you can bring a guest into our club, but we need their details on file before they access the club.

You must use equipment safely, sensibly and at your own risk.

A gym induction is available to you on request. You are responsible for asking if you are unsure as to how to use any of the equipment.

You must fully wipe down equipment after use with wipes provided and place anything used, including weights, back where you found them.

You must comply with any rules and regulations on display in the club.

You must inform a member of staff immediately if there is any issue with or damage to any equipment in the club.

If you pay by direct debit, and would like to cancel your membership, you must provide 1 month's notice to stop your payment via an email message or an in app message.

We reserve the right to change our monthly membership fees. We will attempt to not change this more frequently than once per calendar year, and will try to ensure that any changes are reasonable, but we cannot guarantee this. We will inform you of any changes that apply to you and will give you at least one full calendar month's notice before the changes come into affect. If you are on a contractual membership the monthly fee will not change within your contact period.

You are able to temporarily freeze your membership for between 1 month and 3 months due to one of the following reasons:

* Pregnancy
* Serious illness
* Serious injury
* Redundancy

Written proof of some of these reasons may be required to authorise freeze.

We reserve the right to cancel your membership at any point without notice if:

* We consider that you are not medically or physically able to use our facilities safely.
* You seriously or repeatedly break the conditions of your membership.
* You allow another person to use your membership card to gain access to our club.
* You use offensive, abusive or discriminatory language.
* You use or threaten violent, offensive or intimidating behaviour or conduct
* Your actions, in our reasonable opinion, puts the safety of others at risk.
* You attempt to provide, offer, engage in, advertise or promote, whether or not for payment or other reward, any activities or services which do or may compete in any way with any activities or services provided, offered, engaged in, advertised or promoted by us or our authorised personnel, including but not limited to personal training or coaching.

In the event of a closure out of our control, by law, we do not have to pay you any compensation. However, we will do everything in our power to add any lost days onto the end of your membership under these circumstances. Reasons or events beyond our reasonable control could include, but are not limited to: natural disasters, government actions, war, national or regional emergency, acts of terrorism, protests, fire, a lack of gas, electric or water services, explosion, flood, an epidemic or strikes.

Thank you for your time. We look forward to taking this journey with you.

Regards,

Fire Strength and Fitness management team