

Club Rules



We want to ensure all our members and guests have the best club experience possible so if you're coming down to one of our clubs today, make sure you check out our club rules (below) that we expect all our members and guests to abide by. Our clubs are operated by franchisees who operate individual limited companies from which to trade under the énergie Fitness brand. Each individual limited company will be referenced as "The club". Our first priority is always the safety of our members and our teams! Thanks in advance! 😊

SAFE EXERCISE – MEMBER SAFETY & HYGIENE

- Follow our 4 golden rules in relation to Safe Exercise at all times.
- Do not visit énergie Fitness if you are showing any symptoms of Covid-19 or live with anyone showing symptoms or who has the virus.
- Follow the social distancing guidelines at all times whilst exercising with us either indoors or outdoors.
- Wash or sanitise your hands thoroughly on entering and exiting our premises and regularly whilst exercising.
- Wipe down equipment once you have used it with the cleaning products provided. Cleaning stations and wipes are available in the gym for everyone to use.
- Do not drink directly from the water fountain, this is to fill water bottles only.
- **Failure to adhere to the above Safe Exercise guidelines may result in a temporary suspension or termination of membership.**

GENERAL GYM RULES

- To enter an énergie club you will need your card/code/fob/face and you cannot lend it to anyone else as it belongs to you (you'll need to check in on every visit). On your first visit we will also need to take your photograph for health and safety reasons and to verify your membership details.
- On joining, all members are offered a comprehensive free "Kickstart orientation" to instruct you on the use of the gym equipment. You are strongly advised to undertake this. **The Club** 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 the team.
- Kickstart orientation bookings can be made via the members area on the énergie Fitness website.
- If you are unsure as to how to use any piece of equipment you must seek advice from a qualified member of the team before using such equipment.
- For safety reasons, bags are not permitted onto the gym floor and correct attire must be worn whilst exercising at all times i.e. suitable comfortable exercise clothing, appropriate footwear and no bare chests! Clothing such as jeans, boots, flip-flops/sandals or work wear are not permitted. Replica football shirts may also be deemed inappropriate in an énergie club. Any member not wearing suitable attire may be asked to leave.
- You may not use the club whilst under the influence of alcohol, narcotics, tranquilizers or any medication or other substance which may affect your ability to exercise safely. **The Club** reserve the right to remove you from the premises if it believes you are unfit to use the facilities.
- Please replace weights and don't drop them as it is a) a safety hazard b) damages the equipment c) disturbs other members d) may cause injury failure to adhere to these rules may result in your membership being terminated.
- Please be respectful of other peoples' privacy when using personal technology in the club. You must get prior permission from all the people who will appear in any photograph you take or video footage you make whilst in club. Retrospective consent should also be obtained where images are accidentally captured and the image/footage deleted where consent is withheld. If you intend to use an image then you must explain what it will be used for and who might see it and obtain the individual's consent to do so. We reserve the right to terminate a member(s) membership or ask a visitor(s) to leave the premises if personal technology is inappropriately used. We are aware that filming and photography takes place in our clubs from time to time so if you do not wish your image to be used in any filming or photography by énergie Fitness please inform a member of the team.
- Please consider others when using your mobile phone and keep calls to a minimum.
- Only énergie Fitness self-employed licensed personal trainers are permitted to undertake personal training sessions in the club. Anyone else undertaking members' training will be asked to leave the gym immediately.
- Please keep your valuables with you or stored in a locker at all times. If we find anything, we'll look after it for you ... however if someone else finds it we cannot predict the outcome! **The Club** accepts no responsibility for any loss or damage to personal property whilst on the premises.

Club Rules



- Members are asked to only use the lockers for the duration of their training session. Lockers will be emptied at night and members items removed to lost property. If we have to remove items rest assured we always have 2 members of staff available to empty a locker, and we'll store your items for 4 weeks. Padlocks may be broken to gain access and will not be replaced by **The Club**.
- Although we will always endeavour 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.
- In the changing rooms, please close lockers after use, put all rubbish in the bins and wipe the sink after shaving.
- We're not able to look after anything for you in the club and can't offer you a tab.
- Only food purchased here can be eaten in the club.
- We consider our members and staff one big, happy, healthy family so please respect the club, our staff and each other at all times.
- Appropriate behaviour is required so as not to jeopardise your safety or the safety of others. If in our reasonable opinion, a member's continued membership is likely to be injurious to the character and interests of any particular club, we reserve the right to terminate that membership, anyone doing so will have their membership terminated immediately and **The Club** reserves the right to contact the Police if deemed necessary.
- Where 24-hour operation is in place the changing rooms will not be available for use between the hours of 10pm and 6am. However, the Disabled Toilet and Shower Facility will be open 24/7.
- With 24 hour operation **The Club** may restrict the use and access to other facilities available such as studios or group exercise areas.
- When utilising the ability to exercise at a club with 24/7 operation a member must ensure they feel comfortable and knowledgeable to do so – exercising in a club without a team member present is not recommended for new joiners.
- Members must inform their club of any change of contact and email address or telephone numbers. These changes can be made in the Members area of the énergie Fitness website.
- By accessing an énergie Fitness Club and by using the gym equipment members are deemed to have read and understood the terms and conditions of membership, the club rules (which are also displayed and updated in club), the Health Commitment Statement as well as the expectations around accessing and utilising those clubs that have a 24 hour operation.
- If your club has a car park please treat it as part of the club, park considerately (paying special attention to disabled spaces) and leave it as you'd expect to find it
- By agreeing to the Health Commitment Statement, you are agreeing that you are fit and healthy to train and are also responsible for your own health and wellbeing.
- 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.

CLASS BOOKING & CLASS ATTENDANCE RULES

- Members must arrive promptly for class start times - I'm afraid we can't allow you to join if the class has already started – it's not fair on your muscles (or the other members 😊)
- 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 for Classic and 10 days for WOW memberships.
- énergie Fitness operates with a "two strikes" non-attendance rule, whereby two no-shows within a 28 day rolling period will result in a 7 day booking ban. Any future classes you have booked will also be cancelled. You must cancel your class at least 1 hour before the start time or this will be recorded as a no show.
- Our classes get full. If a member is unable to attend, they should cancel in advance of the class to avoid receiving a strike. If a class is full a member can book onto a waiting list. An email will be sent confirming the members place on the waiting list.
- Members with extenuating circumstances impacting their ability to attend classes should contact their énergie Fitness Club directly.

Now that we've got that off our chest – enjoy your workout here at énergie Fitness ... where you belong! 😊