

## The Gym Area

Our contemporary fitness centre is fitted with an extensive range of equipment, placed in modern and stylish surroundings with visual entertainment

The gym consists of 16 resistance machines, a free weight training area and 26 cardio-vascular machines. Nothing sets the pulse, or raises it, quite like cardio!

### **Warm Up Area**

Fitness Mats  
Gym Balls  
Ab Trainer

### **Weights**

Startrac Incline Olympic Bench,  
Startrac Flat Olympic Bench  
3 x Adjustable benches  
20 pairs of dumbbells 5-55Kg & Racks  
Over 540KG of Olympic plate

### **Cardio Vascular Equipment**

6 x Startrac Pro 500 Treadmill  
6 x Startrac Pro 500 Cross Trainer  
3 x Startrac Pro 500 Upright Bike  
4 x Startrac Pro 500 Recline Bike  
3 x Startrac Pro 500 Stepper  
1 x Technogym XT PRO TOP XT Arm Bike  
2 x Rowing Machines

### **Resistance Equipment**

Startrac Impact Leg Press  
Startrac Impact Leg Curl  
Startrac Impact Lat Pull Down  
Startrac Impact Chest Press  
Startrac Impact Pec Deck  
Startrac Impact Arm Curl  
Startrac Impact Shoulder Press  
Startrac Impact Ab Machine  
2 x Techogym Leg Extensions

Startrac Human Sport Chest  
Startrac Human Sport Back  
Startrac Human Sport Shoulders

Technogym Smith Machine  
Technogym Squat Rack  
Startrac Impact Dual Adjustable Pulley  
Startrac Impact Chin / Dip

## Tariff

**\*First Month £38.99**

(Includes One Off Administration Charge £20.00)

\*To be paid no later than day of familiarisation

Followed by £18.99 per month for continuous 12 month period with no fixed contract.

Or

Pay now for 12 months @ £16.99 per month  
£223.88 including one off administration Charge

## Membership Terms and Conditions

### **Membership & Fees**

- \* Members must be aged 18 years and above.
- \* **Two** passport photos are required for all members.
- \* In order to keep our monthly fees low, we make a small one off administration charge of £20.00 upon joining to cover the processing of your membership and a short familiarisation.
- \* Monthly membership payments must be paid by standing order.
- \* You are required to give 1 month's notice of termination which will commence on the first day of the following month and expire on the last day of that month.
- \* It is your responsibility to cancel your standing order instruction with your bank, payments cannot be refunded.
- \* We reserve the right to terminate your membership should payments fall into arrears.
- \* Membership is non-refundable and non-transferable.
- \* Membership cards must be used to gain entry, replacement cards for loss or damage will be issued subject to a £5.00 charge for replacement.
- \* We may terminate your membership without notice if in our reasonable opinion, continued membership is likely to be injurious to the character and interests of the club, eg, abusive or threatening behaviour, vandalism or illegal activity.
- \* Opening times are 6:30 am to 11:00 pm everyday. Where possible, 1 months notice will be given of any alterations to this.
- \* Receive 10% discount when you show your membership card in the Bay and Victoria Bar (Excludes Specials, Excludes Bank Holidays).

### **Liability Disclaimer**

Before initial use, a screening questionnaire must be completed. A member or visitor engaging in the club activities or making use of its facilities are responsible for ensuring that he or she is properly equipped and that his or her state of health and physical condition are such as not to involve any risk to him or herself or any other person making use of the club. It is hereby understood and agreed the club accepts no responsibility for accident, injury, illness, loss or misadventure caused to or suffered by members or guests on the club premises howsoever caused. Only to the extent caused by the wilful default or negligence of the club, its servants or agents. Members are responsible for their own insurance in respect of injuries suffered, loss or damage to equipment.

### **IT IS IMPORTANT THAT YOU TAKE NOTE OF THE HEALTH AND SAFETY RULES.**

- \* Please use equipment safely and considerately at all times.
- \* Please replace all equipment after use.
- \* Do not take any glasses or glass bottles into the gymnasium area.
- \* No smoking.
- \* Do not exercise whilst under the influence of alcohol or drugs (consult your doctor if on medication).
- \* Please notify a member of staff if you notice any spillages or wet areas on the floor.
- \* Exercise caution at all times when using equipment and consider the safety of other members at all times.
- \* Do not leave personal items or fitness equipment in areas that may cause an obstruction/ trip or fall.
- \* Please do not obstruct the fire exits at any time.
- \* Always wear appropriate sports clothing and footwear in the training areas.
- \* Any accidents or injuries must be reported.

## Membership Terms and Conditions

### **Personal Conduct**

In order to make your visit to the GYM at the EUSTON more comfortable and out of respect for other members we would ask you to abide by these rules at all times.

- \* Inappropriate language and behaviour / conduct will not be tolerated at any time.
- \* Please maintain correct use of gym equipment and machinery at all times.
- \* Please wipe down any equipment after use.
- \* Please place litter in the bins provided.
- \* During busy periods, please have consideration for other members and keep your time to each piece of equipment to 20 minutes.
- \* Members must not behave or act in an offensive or violent way which may offend other members or staff.

### **Fire Safety**

Should you discover smoke or a fire in the premises please do the following:

- \* Raise the alarm by breaking the glass in your nearest RED call point.
- \* Leave the premises immediately by the nearest available exit.
- \* Do not re-enter the building.

### **Club Safety**

Please use all equipment in a safe and considerate manner at all times. You use all equipment entirely at your own risk; you will be required to sign an PARQ.

### **Security**

We do have a CCTV system in operation and a membership entry system, however please take care of personal items within the club, and we strongly advise not to bring expensive items and large amounts of cash into the club. We do not accept any liability for lost or stolen items within the club premises.

### **Changing Facilities**

We provide comfortable changing facilities for our members, and we do try to maintain them so they should be clean at all times, if you should ever be dissatisfied with the level of cleanliness please tell a member of staff and we will attend to the issue.

Lockers are available for your use, free of charge. To obtain a key, you must hand your membership card in at reception which will be returned to you on receipt of the key on your departure.