

ALM Fitness Terms and Conditions

ALM Fitness. Company address: Coneybury Farm, Flyford Flavell, Worcs, WR7 4DF.

These terms and conditions include (i) general terms and conditions for the use of this site and (ii) terms and conditions relating to the services provided by ALM Fitness on the site and at their locations of operation. The purchase of any services on the site or partaking of services at the locations will be subject to these terms and conditions.

1. Membership Options/Bookings

1.1 Membership options are available to view via the Dashboard. Bookings for group training sessions may then be made through our online booking software.

1.2 Group training sessions are always subject to availability though we will do our best to accommodate you. Trainers may change from those scheduled to lead a session or group exercise class and ALM Fitness cannot guarantee any particular trainer will be available for any group training session.

1.3 All membership options must be prepaid and are subject to our cancellation policy below.

1.4 ALM Fitness operates a Closed-Door Policy. The entrance to the location will be closed as the session is about to start in order for the trainer to provide instructions and warm up to begin safely. Members arriving after the door is closed will not be admitted entry.

1.5 It is a condition of acceptance of membership that the member agrees to be bound by these terms and conditions.

1.6 ALM Fitness reserves the right (i) to reject any application for membership without giving any prior notice or (ii) to cancel any membership without notice subject to 3.4 of these terms and conditions.

1.7 Membership is personal to the member and cannot be transferred.

2. Pricing

2.1 Details of pricing can be found on the ALM Fitness website and via the online booking system. Pricing is subject to change by ALM Fitness.

3. Code of Conduct

3.1 Members are expected to behave in an orderly fashion at all times whilst in the class location and shall be responsible for any injury they may cause to others and for any damage done to any property.

3.2 No alcohol may be brought by members into the classes and smoking is strictly forbidden anywhere within the locations. In addition, members may not enter the location under the influence of alcohol or bring into class any non-prescription drugs or illegal substances.

3.3 The use of chewing gum is forbidden during class sessions.

3.4 Failure by any member to comply with these terms and conditions, including this code of conduct, will entitle ALM Fitness to terminate a member's membership without any refund.

4. Cancellation/Refund Policy

4.1 Payment for all training sessions types must be made in accordance with the relevant membership and prior to any sessions booked.

4.2 Cancellation of a booking for any session needs to be made at least 6 hours before the session starts; any cancellation made within 6 hours will not be refunded.

4.3 Nightly Blackout for Cancellations and Waitlist Spot Expiration - There is a 'Nightly Blackout' enforced with the booking system, this means that between the hours of 11pm and 7am, any cancellations or waitlist spot expiration won't be included during this time. For example, if you wish to cancel your reservation for a 6am session, you must cancel 6 hours before the class is due to start, not including the nightly blackout, which would be 5pm the night before the 6am session. If you cancel after this time, you will not be refunded and membership usage will be charged.

4.4 Should a member make a booking but fail to attend the session (including late arrival after the operation of the Closed-Door policy), this cancellation will not be refunded.

4.5 Cancellation of any ALM Fitness membership will require a 30-day notice period. Payment of the membership will be paid for this 30-day period.

5. Suspension of Service

5.1 ALM Fitness will use their reasonable endeavours to ensure the location is open and all equipment is in working order and available for use by members during such times as set out on our Timetable. There may be occasions, however, when the location may be closed or a particular trainer may not be available for reasons beyond our control, for example, for essential maintenance purposes or illness of the trainer.

5.2 ALM Fitness may suspend the operation of this site from time to time.

5.3 ALM Fitness reserves the right to reduce the number of group training sessions over Bank Holidays and the Christmas/New Year period.

6. Due Care

6.1 Any training provided by ALM Fitness will be carried out with all due care and attention.

7. Disclaimer of Liability

7.1 All members use the location at their own risk. Neither ALM Fitness nor its agents or employees shall be liable for:

7.1.1 the death or personal injury of any member whilst attending a class, except to the extent that death or personal injury arises from any negligent act or omission of ALM Fitness or any agent or employee thereof; or

7.1.2 any loss, damage to or theft of personal property belonging to the member occurring in the location during class time.

7.2 It is all the responsibility of all members to determine that they are fit and well before attending any sessions or group exercise classes and members are advised to undergo a medical examination prior to beginning any physical activity programme. In addition, all members must complete a PAR-Q form.

8. General

8.1 ALM Fitness may change these terms and conditions from time to time and by browsing the site you are accepting that you are bound by the current terms and conditions which form the entire understanding of the parties and supersede any previous agreements, understanding and representations.

8.2 These terms and conditions shall be governed by and interpreted in accordance with English law.