

Terms and conditions

This agreement commences once you have indicated acceptance during the registration process or purchased a day pass or membership through us. This agreement is between you and Fire Strength and Fitness Ltd and aims to ensure a safe and welcoming community within our gym. You must not leave the gym without agreeing to these terms and conditions. This agreement is between you and Fire Strength and Fitness Ltd and aims to ensure a safe and welcoming community within our gym. The gym's terms and conditions will be reviewed and revised as necessary to ensure they remain current and effective. By entering and using the gym facilities, all members agree to abide by these terms and conditions. Continued use of the gym constitutes acceptance of any updated or revised terms. It is the responsibility of each member to stay informed about the current terms and conditions.

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.
- You agree to participate in the activities within the gym at your own risk, and will not hold Fire Strength and Fitness to account for any injuries sustained within the environment.

If any of the above medical conditions 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 gym.

Usage of the gym

You must be 16 or older to use the equipment at the gym, unless in agreed circumstances, in which case a waiver must be signed by a guardian or responsible adult.

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

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.

Membership Fees

We reserve the right to change our monthly and yearly membership fees. We will attempt to not change this more frequently than once per calendar year, and will do our very best 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 contract period.

Pausing of memberships

You are able to temporarily pause 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 this pause.

Cancellation of memberships and refusal of access

If you are on a monthly membership and would like to cancel your membership, you must provide a minimum of 1 month and 1 day's notice to stop your payment via an email message to contact@firestrengthandfitness.co.uk or an in app message. For example if your payment is due on the 1st of March, we would need to receive the cancellation request on January 31st to process this.

We reserve the right to cancel your membership and/or refuse you access to the facilities 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, including but not limited to inappropriate use of the gym as outlined above.
- You allow another person to use your membership details to gain access to our club.
- You use offensive, abusive or discriminatory language.
- You use or threaten violent, offensive, harassing or intimidating behaviour
- 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.

Filming Policy

Filming is only permitted for capturing your own workouts. It is not allowed to film others or engage in filming that includes instructional content or coaching. Any form of instructional content, including coaching or guidance for others, is strictly prohibited without prior approval from gym management. If filming in a public area of the gym, ensure that no other members are in the background of your video unless they have explicitly given their consent to be filmed. Always be mindful of others' privacy. The priority in the gym is always the workout, comfort, respect, and safety of all members. Filming should not interfere with the workout space or distract others. Avoid using equipment in a way that might disrupt others' exercises or block access to gym facilities. If you wish to use the gym for video purposes beyond a few small clips of your personal workout (e.g., for professional or promotional purposes), you must request prior approval from the gym management team. Gym staff will monitor filming activities to ensure compliance with this policy. Any member found filming in a manner that violates the above guidelines may be asked to stop filming immediately. Repeated violations of this policy may result in further action, including a review of the member's access to gym facilities.

Closure by law

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.

By entering and using the gym facilities, all members agree to comply with these terms and conditions and respect the privacy and safety of other gym members.

Thank you for taking the time to read these terms and conditions.

Regards,

Fire Strength and Fitness management team