



Health Commitment Statement

Our Commitment To You

We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.

We will make every reasonable effort to make sure that our recommended set up for exercising is safe for you to follow and enjoy.

We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the register of exercise professionals.

If you tell us that you have a disability which puts you at a substantial disadvantage in accessing or enjoying our facilities, we will consider what adjustments, if any, are reasonable for us to make, to accommodate your participation.

Your Commitment To Us

You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely before you participate in one of our services or activities you should obtain advice from a relevant medical professional and follow that advice. You should always exercise within your own comfort level and amend your intensity or take more recovery where necessary for you.

You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.

If you are new to a certain class or activity, please join the class at least 10 minutes prior to the start time to seek out additional advice prior to commencing the activity.

You should always participate in the full workout which includes any relevant set up, coaching session, warm up and cool down. You should stay adequately hydrated during any class activity.

You should let us know immediately if you feel ill when participating in one of our live activities. Our staff members are not qualified doctors, but if participating in a live class please indicate your discomfort to the instructor.

If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

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