



Terms and Conditions

1. Membership

- 1.1. Membership at Norfolk Health & Fitness Gym ("the Gym") is open to individuals aged 16 and above.
- 1.2. Membership is non-contractual, meaning members are not tied to a fixed-term contract.

2. Joining Fee and Payment

- 2.1. A one-time joining fee of £6 is required to become a member of the Gym.
- 2.2. Membership fees are payable in advance on a monthly basis and are non-refundable.
- 2.3. Payment for membership is made via an automated recurring payment system, such as direct debit or card payment.

3. Access

- 3.1. Members are provided with access to the Gym's facilities during operational hours.
- 3.2. The Gym reserves the right to modify its operational hours and services, with notice provided to members whenever possible.

4. Member Conduct

- 4.1. Members are expected to conduct themselves in a respectful and considerate manner while using the Gym's facilities.
- 4.2. Any inappropriate, abusive, or disruptive behavior may result in immediate termination of membership.

5. Health and Safety

- 5.1. Members are responsible for their own health and safety while using the Gym's equipment and facilities.
- 5.2. Members are encouraged to seek medical advice before starting an exercise program if they have any underlying health conditions or concerns.

6. Cancellation and Refunds

- 6.1. Members can cancel their membership at any time by providing written notice to the Gym's management.
- 6.2. No refunds will be provided for membership fees already paid, including the joining fee.

7. Gym Rules and Regulations

- 7.1. Members are expected to adhere to all Gym rules and regulations, which are posted within the Gym premises and available on the Gym's website.
- 7.2. Failure to comply with Gym rules may result in membership termination.

8. Failed Payments

- 8.1. Members are responsible for ensuring that their membership fees are paid promptly and in full.
- 8.2. In the event of a failed payment due to reasons such as insufficient funds, expired payment methods, or other payment issues, the Gym will make reasonable efforts to notify the member.

8.3. Members are required to provide updated payment information within 7 days of receiving the initial notification to rectify the failed payment.

8.4. If the failed payment issue is not resolved within the specified 7-day period, the Gym reserves the right to suspend the member's access to the Gym's facilities and services until the outstanding payment is settled.

8.5. Continued failure to rectify the payment issue may result in the termination of the membership.

9. Changes to Terms and Conditions

9.1. The Gym reserves the right to amend these terms and conditions with notice provided to members.

10. Contact Information

10.1. Norfolk Health & Fitness Gym Contact Information:

Email: info@nhfgym.com

By joining Norfolk Health & Fitness Gym, you agree to abide by these terms and conditions. Please read them carefully.