

## Girls Allowed Gyms – Membership Terms & Conditions

### 1. Introduction

These Terms and Conditions (“Terms”) form the agreement between Girls Allowed Gyms (“we”, “us”, “our”) and you, the member (“you”, “your”).

By joining, you agree to follow these Terms and any gym rules displayed on site or online. Our aim is to provide a safe, supportive, women-only fitness environment for all members.

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### 2. Membership Types

We offer a range of membership options (e.g. monthly rolling, or student)

Your specific membership type, start date, and payment method are confirmed when you sign up.

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### 3. Payments

- Membership fees are payable monthly in advance by Direct Debit or another agreed payment method.
  - Payments continue automatically each month until you cancel your membership (see Section 7).
  - If we change our prices, we’ll give you at least 30 days’ written notice.
  - If a payment fails, you will be charged an administration fee to cover the costs associated with processing the failed transaction.
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### 4. Gym Access

- Your membership allows you to use the gym during normal opening hours.
  - You must book in via your Teamup App which we will set up upon signing up. You must use this app to book all gym sessions and classes.
  - Members must be 16 years or older unless on a supervised youth membership.
  - Girls Allowed Gyms is a women-only space – entry is restricted to female members and staff.
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### 5. Health & Safety

- Please make sure you are fit and well enough to exercise. If in doubt, seek medical advice before using the gym.
  - Let our staff know if you have any medical conditions that could affect your safety.
  - You use all equipment and facilities at your own risk.
  - Always follow the guidance of staff and use equipment safely and respectfully.
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### 6. Conduct

We aim to create a friendly, inclusive environment.

We will not tolerate:

- Abusive or disrespectful behaviour toward staff or other members
- Unsafe use of equipment
- Misuse of facilities or deliberate damage

Serious or repeated breaches may result in immediate termination of membership without refund.

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### 7. Cancellation and Notice

- You may cancel your membership at any time by giving one month’s written notice (by email) to: [info@girlsallowedgyms.co.uk](mailto:info@girlsallowedgyms.co.uk)
- Your membership will end after your final payment date.
- Membership fees will continue to be collected during this notice period, and you may continue to use the gym until the end of it.

#### Early Cancellation (no notice required):

You can cancel immediately if:

- We make a major change to your contract that disadvantages you
  - We permanently close the gym
  - You move more than 20 miles from our nearest location (proof of new address required)
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### 8. Cooling-Off Period (Sign up online)

If you joined online, you have a 14-day cooling-off period starting from the day after you sign up.

If you change your mind within this time, you can cancel and receive a full refund (unless you have already used the gym, in which case we may deduct a reasonable amount for the days used).

If you joined in person at the gym, this cooling-off period is not required by law, but we offer a 7-day goodwill cancellation period – simply contact us in writing within 7 days of joining.

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### 9. Freezing (Pausing) Your Membership

You can request to pause your membership for medical, personal, or travel reasons for up to 3 months per year, at our discretion.

A small admin fee will apply.

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#### **10. Our Right to Terminate**

We may end your membership with one month's notice, or immediately if:

- You seriously breach these Terms, or
  - You fail to pay membership fees after reminders.
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#### **11. Liability**

- We are not responsible for loss or damage to your belongings while on the premises.
  - We do not exclude liability for death or personal injury caused by our negligence.
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#### **12. Data Protection**

Your personal information is handled in accordance with UK GDPR and our Privacy Policy, available at [girlsallowed-gyms.co.uk](http://girlsallowed-gyms.co.uk) or at reception.

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#### **13. Changes to Terms**

We may make reasonable changes to these Terms from time to time.

We'll notify members at least 30 days before any significant changes take effect.

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#### **14. Governing Law**

These Terms are governed by the laws of England and Wales, and any disputes will be dealt with in UK courts.

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Upon receipt of your first payment you agree to our terms and conditions