

Quit the Gym

Terms and Conditions

Membership

Minimum Term – The minimum membership term is three full calendar months. If you join part-way through a month then your three months will be calculated from the 1st of the following month.

Membership Fee – Membership fees will be taken by Direct Debit on the 2nd of every month. If you join part-way through a month then you will be required to pay a pro-rata amount up front which is worked out as follows: (Monthly Membership Fee / Number of days in the current month) x Number of days remaining in the month. If you join after the 20th of the month you will need to pay the pro-rata amount plus one full month's membership fee before you become a member.

Joining Fee – There is a one-off joining fee of £50 for both new and returning members. Returning members can avoid this fee by freezing, rather than cancelling, their membership (see 'Freezes' below).

Cancellation – Notice of cancellation must be given in writing (email is acceptable) by the 15th of the month. For example, if you want to cancel February's membership we need to know by January 15th. Any cancellation notifications received after this date will take effect the following month. Refunds will never be backdated.

PLEASE DO NOT JUST CANCEL YOUR Direct Debit – we are charged a fee by the bank and this will be passed on to you.

Freezes – If you are going to be away for an extended period of time we offer the option of freezing your membership. This costs £5 per month and prevents you having to pay the Joining Fee (£50) on your return. There is an exception if you freeze due to injury; if you provide us with a doctor's note then we will waive the £5 fee and freeze your membership for free. This exemption will last for the period of validity of the doctor's note. If you are still injured after the doctor's note expires then it is your responsibility to provide us with a new one.

Quit the Gym must be notified by the 15th of the month for Freezes to take effect the following month. Any notifications received later than this will be applied a month later.

Pre-Pay 6 and Pre-Pay 12 are only available to new members. For the purposes of clarity, this includes anyone who has previously bought Quit the Gym vouchers.

Pre-Pay memberships are sold at a discount and so no refunds will be offered under any circumstances.

Vouchers are non-transferable and may not be shared. Please treat vouchers as you would cash; no replacements will be issued under any circumstances.

Vouchers have their expiry date clearly stamped on the front of them. Packs of 10 vouchers are valid for 4 months. Packs of 20 vouchers are valid for 9 months.

No voucher = No class. There will be no exceptions made so please ensure you bring a valid voucher to every class.

No refunds will be given for unused vouchers. This includes situations where we stop running classes in a particular park. Vouchers will continue to be accepted in our other parks.

Quit the Gym Classes

Timekeeping - Please arrive ten minutes before the session starts. If you arrive after the warm-up has started it is your responsibility to make sure you are warmed up and ready to take part in the session. For safety reasons Quit the Gym will not take the risk of you taking part without completing a suitable warm up.

IMPORTANT – If you arrive more than ten minutes late you will not be allowed to join in the session. This is for safety reasons and in the interests of being fair to the more punctual members.

Warning – if you arrive between the start time and the ten minute cut-off point you are likely to find yourself with a fitness forfeit - ranging from burpees to a mile-long bear crawl! Please don't be late!

Injuries – It is your duty to inform the Quit the Gym instructor before the class starts if you have any injury which you consider may affect your ability to take part in a class.

If at any time you begin to feel unwell or that you are developing any soreness or injury then you must inform the instructor as soon as possible. Quit the Gym accepts no responsibility for injuries caused during our classes. By taking part you are confirming that you are fit and able to undertake strenuous exercise.

Terrain and park conditions – Quit the Gym classes take place in parks which, by their very nature, are uneven and potentially dangerous. Please take every care to observe changes in terrain and watch out for obstacles both on the ground and in the air (tree branches, benches, lampposts etc).

Personal Possessions – Quit the Gym provides no safe storage of valuables so please avoid bringing them to the classes. Any item brought to Quit the Gym classes is done so at the owner's risk. Quit the Gym accepts no liability for any loss, damage or theft.

Free Trials

A free trial class is available for new and prospective members. These can be booked via the website. Only one free trial is available per person. Participants are required to bring their email confirmation to their free trial class.

Timetables

The current timetable will be available on the Quit the Gym website and is subject to change. We will endeavour to give at least one week's notice, via our email newsletter, of any upcoming timetable changes. No refunds will be offered based on changes made to the timetable.

If you have any questions please email membership@quitthegym.co.uk or give us a call on 020 8728 7326.

We reserve the right to update these terms and conditions as required. These terms and conditions were last updated on 16/11/2014.