



Girls Allowed Gyms - Membership Terms & Conditions

1. Introduction

These Terms and Conditions ("Terms") constitute a legally binding agreement between Girls Allowed Gyms ("the Company", "we", "us", "our") and you, the member ("you", "your").

By purchasing a membership and/or using our facilities, you confirm that you have read, understood, and agree to be bound by these Terms, together with any rules, policies, or notices displayed on our premises, website, or booking system.

2. Membership Types

We offer a range of membership options. Your membership type, start date, payment amount, and payment terms will be confirmed at the point of purchase and form part of this agreement.

Girls Allowed Strong Membership

Includes:

- Unlimited access to gym facilities during opening hours
- Access to 43+ studio classes per week

Exclusions:

- Group Personal Training (PT) sessions
 - Reformer Pilates classes
-

Girls Allowed StrongHER Membership

Includes:

- Unlimited gym access
- Unlimited studio classes
- 4 Reformer Pilates credits per calendar month

Exclusions:

- Group Personal Training (PT) sessions

Additional Terms:

- Reformer credits are issued monthly and expire at the end of each billing period if unused
 - Credits are non-transferable and non-refundable
 - Reformer sessions are subject to availability and Section 5 policies
 - Includes a complimentary 45-minute Personal Training session (see Section 14)
-

Girls Allowed Strong Student Membership

Includes:

- Unlimited gym access
- Access to 43+ studio classes per week

Exclusions:

- Group Personal Training (PT) sessions
- Reformer Pilates classes

Eligibility:

- Available to full-time students only
 - Valid student identification must be provided upon request
 - We reserve the right to suspend, amend, or terminate membership if eligibility cannot be verified
-

General Membership Conditions

- Memberships are personal, non-transferable, and may not be shared
 - All sessions must be booked via the Company's designated booking system
 - We reserve the right to amend timetables, instructors, services, or facilities at any time where reasonably necessary
-

3. Payments

- Membership fees are payable monthly in advance via Direct Debit or another approved method
 - By entering into this agreement, you authorise the Company to collect all payments due
 - Payments will continue automatically unless cancelled in accordance with Section 8
 - We reserve the right to amend fees upon providing not less than 30 days' written notice
 - In the event of failed payment, we reserve the right to:
 - Suspend access immediately
 - Apply a reasonable administration fee
 - Recover outstanding balances
 - No refunds shall be given for:
 - Unused membership time
 - Missed sessions or classes
 - Failure to cancel in accordance with these Terms
-

4. Gym Access

- Access is permitted during advertised opening hours and is subject to availability
- Members must check in via the designated booking system
- Members must be aged 16 or over unless on a supervised youth membership
- Girls Allowed Gyms is a women-only facility and reserves the right to refuse entry where this condition is not met
- Girls Allowed Gyms operates as a women-only facility. However, from time to time, **male contractors, maintenance personnel, or external service providers** may be present on the premises for essential works, inspections, or business operations.
- The Company will take **reasonable steps to minimise disruption and maintain member comfort and privacy**, including providing notice where reasonably practicable.

- By entering into this agreement, you acknowledge and accept that such circumstances may arise and agree that this does not constitute a breach of the women-only policy.
-

5. Class Booking & Cancellation Policy

Studio Classes

- Cancellations must be made no less than 2 hours prior to the scheduled start time
- Late cancellations may result in temporary suspension of booking privileges or membership access
- Failure to attend a booked class may result in a reactivation fee before access is restored

Reformer Pilates Classes

- Cancellations must be made no less than 24 hours in advance to retain credit
- Late cancellations result in forfeiture of the session

Late Arrival

- Members arriving 5 minutes or more after the scheduled start time may be refused entry and the session treated as a no-show
-

6. Health, Safety & Member Responsibility

- You confirm that you are medically fit to participate in exercise
 - Exercise carries inherent risks and participation is at your own risk
 - You agree to follow staff instructions and use equipment safely
-

7. Conduct

We reserve the right to suspend or terminate membership immediately and without refund if you:

- Engage in abusive or inappropriate behaviour
 - Use equipment unsafely
 - Cause damage to facilities
-

8. Cancellation and Notice

- Membership may be cancelled by providing not less than one full calendar month's written notice
- Notice must be sent to: **info@girlsallowedgyms.co.uk**
- Membership remains active and payable during the notice period
- Failure to use the membership does not constitute cancellation
- No retrospective cancellations or refunds shall be issued

9. Cooling-Off Period

- A statutory 14-day cooling-off period applies to memberships purchased online only
 - No cooling-off period applies to memberships purchased in person
-

10. Suspension (Freezing)

- Memberships may be frozen at the Company's discretion for a maximum of 3 months per year
 - An administration fee may apply
-

11. Our Right to Terminate

We reserve the right to terminate membership where:

- These Terms are breached
 - Payments are not made
 - Conduct presents a risk to others or the business
-

12. Liability

Nothing in these Terms limits liability where it cannot legally be excluded.

Subject to this, the Company shall not be liable for:

- Loss or damage to personal property
 - Injury not caused by negligence
 - Indirect or consequential loss
-

13. Data Protection

Personal data is processed in accordance with UK GDPR and our Privacy Policy.

14. Additional Benefits

Where applicable, memberships may include a complimentary 45-minute Personal Training session.

This session is:

- Subject to availability
- Bookable only at times determined by the Company

- Non-transferable and has no cash value
-

15. Changes to Terms

We reserve the right to amend these Terms upon giving reasonable notice.

16. Governing Law

These Terms are governed by the laws of England and Wales.

Agreement

By making your first payment, you confirm that you have read, understood, and agree to be bound by these Terms and Conditions.