



Grosvenor Waterside Health & Fitness Spa

RULES & REGULATIONS

Members

It is a requirement under Health & Safety Regulations that all users of the Health and Fitness Spa undertake an Induction Programme carried out by Total Fit Gym Management.

All Members and Guests must provide a confirmation letter from the concierge and pay the applicable fee prior to the induction.

OPENING TIMES

The Health and Fitness Spa is open from 06.00 – 23.00 daily; however the wet area will close at 22.30.

Please note you must bring your membership card with you at all times to allow you access.

MUSIC

Music is provided through the integrated monitors on the cardiovascular machines; this can be listened to through personal headphones.

GUESTS & AGE LIMIT

Members may share the experience of the Health and Fitness Spa with a maximum of two Guests at any time. Regrettably, Under 16's are not permitted in the Health & Fitness Spa.

WET AREA

To ensure the highest levels of hygiene are maintained all members are required to shower before entering the wet area.

There will be occasions when it is necessary to temporarily close parts of the facility for cleaning and maintenance. We apologise in advance for any inconvenience that this may cause.

BEHAVIOUR

You are asked to consider all other members and employees. We reserve the right to ask you to leave if we think that your behaviour or appearance is unsuitable. You must read all signs and notices on display within the Health & Fitness Spa.

Members and Guests may not use the facility whilst under the influence of alcohol, narcotics or other mood altering substances. Grosvenor Waterside and Total Fit staff have the authority to instruct anyone so affected by any of the above to leave the facility.

For your own safety and the safety and comfort of others, smoking is prohibited within the Health & Fitness Spa facilities.

PERSONAL TRAINING

All personal training is undertaken in-house and under the strict supervision of Total Fit.

Total Fit ensures that all their personal trainers are fully qualified to the highest standard. Any members or Guests wishing to bring in their own personal trainer must contact the Gym Manager before any training is undertaken.

CLOTHING

Please ensure that you are wearing appropriate clothing for the equipment being used – loose clothing and trainers for the gym equipment, gym or studio and swimwear for the wet area. No street shoes are to be worn within the wet area, gym or studio. Please note that nude or topless bathing within the wet area is strictly forbidden. No jewellery is to be worn whilst using the facilities and anyone with long hair should please tie it up before using the Spa.

DRINKS

Water is provided within the facility from the water fountains.

Glass in any form is not permitted to be brought into any part of the Health & Fitness Spa; this is in order to prevent possible injuries from breakages.

TOWELS

Towels are available at a modest hire charge from reception; please return them after use.

LOCKERS

If you require a locker please ask for a key at reception. There will be a charge of £5 for any keys not returned or lost. A form of ID must be left at reception.

Any belongings left at the end of day will be removed without notice.

EMERGENCY

In case of emergency there are call buttons within the following areas:

studio area, wet area, corridors, changing rooms and gym area.

To call for immediate assistance for you or for someone else, please push the emergency button once. A member of staff will respond.

In addition, there are 3 emergency telephones which will immediately connect you to either the estate security office or the main concierge desk. These are located at the entrance, exit and middle point of the corridor.

There is always a fully trained First-Aider on call within the Health & Fitness Spa who will be able to attend and administer immediate assistance. They will also record details in an accident book kept within the Health & Fitness Spa.

If you should need to raise the alarm in the event of a fire please break any of the red glass call points. These are located at each fire exit. The fire exits are located at either side of the Health & Fitness Spa.

In the event of an emergency (fire or otherwise), you will be asked to leave the Health and Fitness Spa by a member of staff. Please leave using the nearest Fire Exit Door (clearly marked and pointed out during the induction session). Do not panic, do not stop to change or collect personal belongings, and make your way immediately to the Fire Assembly Point which is located behind Woods House.

DISCLAIMER OF LIABILITY

1. All Members and their Guests use the facilities within the Health & Fitness Spa entirely at their own risk. Neither the freeholder nor their managing agents, Total Fit or employees shall be liable for the personal injury or death of any member or guest while using the Health and Fitness Spa.
2. Neither the freeholder their managing agents, Total Fit, or employees shall be liable for any loss, damage or theft of personal property belonging to a member or guest whilst using the Health & Fitness Spa.
3. All Members and their Guests are advised to undergo a medical examination prior to beginning a physical activity programme. Those with diabetes, heart disease, high blood pressure and pregnant women should consult with a doctor first to check which facilities should not be used.
4. The sauna should not be used for more than 10 minutes at any one time, but can be repeated after a suitable rest period. The recommended period of time is 5/10 minutes rest. Advise others if you are going to use the sauna alone; leave immediately in the event of feeling unwell and seek qualified help.

OTHER

The Freeholder their managing agents and Total Fit reserve the right to vary, revoke or add to these rules and regulations from time to time in its absolute discretion.

Please leave the Health & Fitness Spa facilities as you find them, with respect for the next user of the equipment.

Thank you.



Grosvenor Waterside Health & Fitness Spa

RULES & REGULATIONS

External Members

It is a requirement under Health & Safety Regulations that all users of the Health and Fitness Spa undertake an Induction Programme carried out by Total Fit Gym Management.

You will be required to produce before the induction takes place a proof of address and photographic ID in the form of a utility bill, driving licence or passport. You shall be required to pay the applicable fee before the induction takes place.

PAYING FOR MEMBERSHIP

A joining fee and one month's Membership is required at the time of the induction. After this your monthly fee will be drawn from your account in advance in the form of a recurring transaction.

If the bank returns your payment we will charge a late payment fee of £10 every time we receive a failed payment. If your payment is declined we will cancel your entry to the Health and Fitness Spa until your account is up to date.

To cancel your Membership we require one month's written notice of termination after the initial compulsory six months Membership. Any changes in your monthly Membership will apply from the first month after the change; all changes will be notified in writing. If your Membership is cancelled due to non-payment or by yourself, a joining fee will apply should you wish to rejoin.

Membership is valid for one year only; after this time you will be required to rejoin the Health & Fitness Spa.

MEMBERSHIP CHARGES

A joining fee of £175 and one month's Membership in advance will be charged at the time of the Induction programme. The monthly fee at Grosvenor Waterside Health & Fitness Spa is £100 per month.

OPENING TIMES

The Health and Fitness Spa is open from 06.00 - 23.00 daily; however the wet area will close at 22.30.

Please note you must bring your Membership card with you at all times to allow you access.

MUSIC

Music is provided through the integrated monitors on the cardiovascular machines; this can be listened to through personal headphones.

GUESTS & AGE LIMIT

Members may share the experience of the Health and Fitness Spa with a maximum of two Guests at any time. Regrettably, Under 16's are not permitted in the Health & Fitness Spa.

All Guests are required to pay £5 if they wish to participate in any of the classes.

Guests may only use the Health & Fitness Spa facilities as Guests of a valid Membership holder. Guest space is limited to availability at the time and is not guaranteed. Guests must sign a Health questionnaire and acknowledge the rules and regulations within the Health & Fitness Spa. Staff will then show Guests around the facility.

WET AREA

To ensure the highest levels of hygiene are maintained all Members are required to shower before entering the wet area.

There will be occasions when it is necessary to temporarily close parts of the facility for cleaning and maintenance. We apologise in advance for any inconvenience that this may cause.

BEHAVIOUR

You are asked to consider all other Members and employees. We reserve the right to ask you to leave if we think that your behaviour or appearance is unsuitable. You must read all signs and notices on display within the Health & Fitness Spa.

Members and Guests may not use the facility whilst under the influence of alcohol, narcotics or other mood altering substances. Grosvenor Waterside and Total Fit staff have the authority to instruct anyone so affected by any of the above to leave the facility.

For your own safety and the safety and comfort of others, smoking is prohibited within the Health & Fitness Spa facilities.

PERSONAL TRAINING

All personal training is undertaken in-house and under the strict supervision of Total Fit.

Total Fit ensures that all their personal trainers are fully qualified to the highest standard. Any Members or Guests wishing to bring in their own personal trainer must contact the Gym Manager before any training is undertaken.

CLOTHING

Please ensure that you are wearing appropriate clothing for the equipment being used - loose clothing and trainers for the gym equipment, gym or studio and swimwear for the wet area. No street shoes are to be worn within the wet area. Please note that nude or topless bathing within the wet area is strictly forbidden. No jewellery is to be worn whilst using the facilities and anyone with long hair should please tie it up before using the Spa.

DRINKS

Water is provided within the facility from the water fountains.

Glass in any form is not permitted to be brought into any part of the Health & Fitness Spa; this is in order to prevent possible injuries from breakages.

TOWELS

Towels are available at a modest hire charge from reception; please return them after use.

LOCKERS

If you require a locker please ask for a key at reception. There will be a charge of £5 for any keys not returned or lost. A form of ID must be left at reception.

Any belongings left at the end of day will be removed without notice.

EMERGENCY

In case of emergency there are call buttons within the following areas:

studio area, wet area, corridors, changing rooms and gym area.

To call for immediate assistance for you or for someone else, please push the emergency button once. A member of staff will respond.

In addition, there are 3 emergency telephones which will immediately connect you to either the estate security office or the main concierge desk. These are located at the entrance, exit and middle point of the corridor.

There is always a fully trained First-Aider on call within the Health & Fitness Spa who will be able to attend and administer immediate assistance. They will also record details in an accident book kept within the Health & Fitness Spa.

If you should need to raise the alarm in the event of a fire please break any of the red glass call points. These are located at each fire exit.

Fire exits are located at either side of the Health & Fitness Spa.

In the event of an emergency (fire or otherwise), you will be asked to leave the Health and Fitness Spa by a member of staff. Please leave using the nearest Fire Exit Door (clearly marked and pointed out during the induction session). Do not panic, do not stop to change or collect personal belongings, and make your way immediately to the Fire Assembly Point which is located behind Woods House.

DISCLAIMER OF LIABILITY

1. All Members and their Guests use the facilities within the Health & Fitness Spa entirely at their own risk. Neither the freeholder nor their managing agents, Total Fit or employees shall be liable for the personal injury or death of any member or guest while using the Health and Fitness Spa.
2. Neither the freeholder their managing agents, Total Fit, or employees shall be liable for any loss, damage or theft of personal property belonging to a member or guest whilst using the Health & Fitness Spa.
3. All Members and their Guests are advised to undergo a medical examination prior to beginning a physical activity programme. Those with diabetes, heart disease, high blood pressure and pregnant women should consult with a doctor first to check which facilities should not be used.
4. The sauna should not be used for more than 10 minutes at any one time, but can be repeated after a suitable rest period. The recommended period of time is 5/10 minutes rest. Advise others if you are going to use the sauna alone; leave immediately in the event of feeling unwell and seek qualified help.

OTHER

The Freeholder their managing agents and Total Fit reserve the right to vary, revoke or add to these rules and regulations from time to time in its absolute discretion.

Please leave the Health & Fitness Spa facilities as you find them, with regard for the next user of the facility.

Thank you.