

TERMS & CONDITIONS OF USE

FOR ALL LINK4LIFE FITNESS MEMBERS

- (1) A Link4Life Membership provides you with:
- 1.1 Unlimited access to Link4Life fitness suites at Middleton Arena, Heywood Sports Village, Littleborough Sports Centre and Rochdale Leisure Centre.
 - 1.2 Unlimited Swimming at Middleton Arena, Heywood Sports Village & Rochdale Leisure Centre during public swim sessions.
 - 1.3 Unlimited fitness classes at 4 Link4Life centres (Middleton Arena, Heywood Sports Village, Littleborough Sports Centre & Rochdale Leisure Centre) subject to availability.
 - 1.4 Unlimited access of the steam rooms at Middleton Arena and Heywood Sports Village and the Thermal Suite at Rochdale Leisure Centre. Please follow the etiquette and conditions of use displayed within each area.
 - 1.5 Link4Life members are able to book for classes up to 8 days prior to the class. The booking policy must be followed and is available from reception at each of our sites.
 - 1.6 An opportunity to complete a tailor made fitness programme with regular reviews. These sessions must be booked through the gym team and are subject to availability.
- (2) All members are responsible for complying with the following terms & conditions, which are in place for the enjoyment and safety of Link4Life members and staff.
- (3) Link4Life facilities should be used in accordance to the gym etiquette rules displayed and as below:
- 3.1 Your membership card/band must be produced upon entry to the centre, gym, steam rooms and thermal suite.
 - 3.2 Failure to produce a membership card will result in full admission being charged or entry denied.
 - 3.3 Any booking made using a Link4Life card or booking number & any subsequent charge owing is the responsibility of the person to whom the card is issued.
 - 3.4 The management has the right to refuse admission.
 - 3.5 Misconduct can result in the loss of the card, suspension or termination of the membership.
 - 3.6 Lost cards are replaced at a charge of £3.50
- (4) Link4Life reserves the right to make changes to the programming of the Health & Fitness facilities and services.
- (5) Link4Life endeavour to ensure that all fitness facilities, classes and equipment are available during the advertised opening times. However, occasionally, due to circumstances beyond our control, facilities or equipment may be unavailable or classes cancelled. These circumstances have been calculated within the membership fees.
- (6) Link4Life membership Direct Debit contracts; offer an easy monthly payment scheme. The cost is spread over 1 / 12 monthly instalments (dependant on membership type); the payments are collected by Debit Finance Collections:
- 6.1 A member may pay the remaining balance of their contract at any time. This is a rolling contract and payments continue into month 2 / 13 (dependant on membership type).
 - 6.2 The member must notify Debit Finance Collections with one months notice that they wish to cancel after the initial contract period. The contract does not automatically terminate after the final contractual payment.
 - 6.3 A contract may be cancelled once the final contractual payment has been made, this requires one months notice in writing to Debit Finance (e-mail info@debitfinance.co.uk) or by calling 01908 422 007.
 - 6.4 Memberships are not transferable but in extreme circumstances and in writing it may be considered. In each case, the management's decision is final.
 - 6.5 Link4Life reserves the right to increase monthly membership fees once in every 12 month period. Members who do not wish to accept an increase in subscription may cancel their membership by giving written notice. The member giving notice must continue to pay subscriptions at the rate current immediately prior to any proposed increase until the end of such notice period.
 - 6.6 Should a membership be frozen within the initial membership term then 12 full monthly instalments must still be paid.
- (7) Explanation of other costs
- 7.1 Start-up Fee – This payment covers the cost of associated start-up costs of setting up a new membership.
 - 7.2 Pro Rata - This payment covers the cost of using the facilities straight away, until the first payment is made, this must be paid to the membership consultant/reception on your first visit to the centre.
- (8) Access control
- 8.1 The management reserve the right to terminate or temporarily suspend the membership of any person. Breaching rules and regulations, or for any other reason the management deems appropriate. During suspension the member will continue to be charged membership fees if within contract.
- (9) Health Commitment Statement - Your health is your responsibility. The management and staff of Link4Life are dedicated to helping you take every opportunity to enjoy the facilities and services that we offer. With this in mind, we expect the following commitments:
- 9.1 Our commitment to you;
 - 9.1.1 We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise what you consider to be your own abilities.
 - 9.1.2 We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
 - 9.1.3 We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.
 - 9.1.4 If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.
 - 9.2 Your commitment to us;
 - 9.2.1 You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition that might interfere with you exercising safely, before you use our equipment and facilities you should get advice from a relevant medical professional.
 - 9.2.2 You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
 - 9.2.3 You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has first-aid training.
 - 9.2.4 If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.
- (10) Membership with eligibility criteria
- 10.1 If you join on a membership that requires an eligibility criteria to be met, proof of eligibility must be provided when initially joining.
 - 10.2 Link4Life reserves the right to request proof of membership eligibility at various intervals throughout your membership.
- (11) Junior Memberships (Ages 8 – 13)
- 11.1 All under 14's must complete the Junior screening and consent forms. These must be completed by the Member's parent/guardian.
 - 11.2 Junior fitness sessions must be booked in advance and all participants must complete the relevant Junior induction process prior to booking onto open sessions.
- (12) Fitness Suite Induction
- 12.1 Link4Life provide a fitness suite induction upon request.
 - 12.2 It is compulsory to be inducted on the use of Powerplates™ prior to use.
 - 12.3 Members aged between 8 and 16 years of age must have an induction prior to commencing exercise within the fitness suite.
- (13) General Information
- 13.1 All users of Link4Life must observe the rules and comply with any directions the management may give to ensure the smooth, safe and efficient operation of the site. Link4Life reserve the right to alter and amend these rules at any time.
 - 13.2 Link4Life members should inform their home site of any changes in their personal details.
- (14) Data Protection
- 14.1 Full details of how we manage your personal data can be found in our Privacy Policy. View the policy at www.link4life.org/privacy-policy