

TERMS & CONDITIONS

Effective date: 21/10/2024

Last updated: 06/07/2026

By purchasing a membership, booking access, or using any Microgyms UK Ltd facility, you agree to these Terms & Conditions. Please read them carefully before using our services.

1. Acceptance of Terms

By accessing or using any Microgyms UK Ltd facility ("the Gym"), you agree to comply with these Terms & Conditions.

If you do not agree, you must not use our facilities.

2. Membership & Eligibility

- Membership or valid booking is required to access the Gym.
 - You must be **18 years or older** to register or use the facilities independently.
 - Memberships are **personal, non-transferable, and non-refundable**, except where required by law.
 - We reserve the right to refuse or cancel membership at our discretion in cases of misuse, fraud, or breach of these Terms.
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3. Payments

- Payments are processed securely via **Stripe** or other approved payment providers.
 - Membership fees are recurring unless otherwise stated at the point of purchase.
 - Failure to make payment may result in suspension or termination of access.
 - You are responsible for ensuring payment details remain valid and up to date.
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4. Access & Opening Hours

- The Gym operates on an **unmanned basis**.
- Opening hours are **5:00 AM – 11:00 PM daily**, unless otherwise stated.
- Access is controlled via a personal access code, app, or digital entry system.
- You must not share your access credentials with any other person.

- Any unauthorised access may result in immediate termination of membership.
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5. Use of Facilities & Equipment

- All equipment must be used safely and in accordance with provided instructions, including virtual induction materials.
 - You are responsible for ensuring you understand how to use equipment before use.
 - You should seek medical advice before beginning any new exercise programme.
 - Any damaged, unsafe, or malfunctioning equipment must be reported immediately to management.
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6. Conduct & Behaviour

We expect all members to behave respectfully at all times.

The following is strictly prohibited:

- Harassment or abusive behaviour
- Dangerous or reckless use of equipment
- Illegal activity
- Damage to property or equipment
- Allowing unauthorised persons into the Gym (“tailgating”)

We reserve the right to suspend or permanently terminate membership for any breach of conduct.

7. Health & Safety

- Members must follow all posted health and safety instructions.
 - Emergency procedures must be followed in the event of an incident.
 - You use the Gym entirely at your own risk and are responsible for your own physical condition while training.
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8. Liability & Assumption of Risk

By using our facilities, you acknowledge and agree that:

- Physical exercise carries inherent risks, including injury or health complications.

- You voluntarily assume all risks associated with using the Gym. You read and accept the PAR-Q (Fit and able questionnaire)
- To the maximum extent permitted by law, Microgyms UK Ltd is not liable for:
 - Injury or illness
 - Loss or damage to personal property
 - Any indirect or consequential loss

Nothing in these Terms excludes liability for death or personal injury caused by negligence or any liability that cannot be excluded under UK law.

9. Personal Property

- You are responsible for your own belongings at all times.
 - Microgyms UK Ltd accepts no responsibility for loss, theft, or damage to personal items.
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10. CCTV & Monitoring

- CCTV operates across Gym entrance and training areas **24 hours a day, 7 days a week**.
- CCTV is used for the purposes of:
 - Crime prevention and detection
 - Safety and incident investigation
 - Protection of members, staff, and property
- Footage may be reviewed by authorised personnel only.
- CCTV footage is stored securely for up to **30 days**, unless required longer for investigation, legal, or regulatory purposes.
- CCTV is not installed in toilets or other private areas.

Use of the Gym constitutes acknowledgment of CCTV monitoring.

11. Termination & Suspension

We reserve the right to suspend or terminate your membership immediately if you:

- Breach these Terms
- Fail to make payment
- Engage in unsafe, abusive, or illegal behaviour
- Misuse access systems or facilities

No refunds will be issued for termination due to breach.

12. Changes to Terms

We may update these Terms at any time.

Where material changes are made, we will notify members by email or via notice on our website or facility.

Continued use of the Gym after changes constitutes acceptance of the updated Terms.

13. Governing Law

These Terms are governed by and interpreted in accordance with the laws of **England and Wales**.

Any disputes shall be subject to the exclusive jurisdiction of the courts of England and Wales.

14. Contact Information

If you have any questions about these Terms, please contact us:

contact@microgymsuk.com

Microgyms UK Ltd, 113 Liverpool Road Studios, Liverpool Road, L23 5TD, United Kingdom