



Rules & regulated guidelines to return back to our gym from 25th July 2020

Please note that all is subject to change and will be constantly reviewed in occurrence with the current pandemic and government advice.

Failure to comply will result in being asked to leave the gym.

OPENING HOURS

There is a booking system to allow safe use of the gym. Booking is not essential but there are no guarantee. This may result in there not being enough room in the gym, and you will have to wait/book for another time.

*How to book is shown further in this letter.

You are given a 1 hour time slot at the busiest times with 15 minutes for us to clean in between

Monday	6am – 11am (6am,7.15am,8.30am & 9,45am) 4pm – 9pm (4pm, 5.15pm, 6.30pm &7.45pm)
Tuesday	6am – 11am 4pm – 9pm
Wednesday	6am – 11am 4pm – 9pm
Thursday	6am – 11am 4pm – 9pm
Friday	6am – 11am 4pm – 7.30pm
Saturday	9am – 12pm (9am, 10am & 11am)
Sunday	9am – 12pm (9am, 10am & 11am)

*Personal trainers will have the gym for their clients between 11am – 4pm
The gym is not open to the public during this time.

There will be 2 booking zones

ZONE 1: WEIGHT AREA

ZONE 2: GYM FLOOR & CARDIO

please specify which you require when booking your slot.

Should you miss 2 time slots by not turning up, you will not be allowed to book. We require 2 hours notice to cancel that slot, or by 7pm the night before for early morning cancellations.

DO's & DONT's

- Everyone will be given hand sanitiser on arrival
- A ParQ will be signed on your first arrival, acknowledging the rules and that you have no covid symptoms .
- Priority will go to people coming down the stairs.
- Paper towels and cleaner are available throughout the gym. We ask you keep your area sanitised after everything you use. Soap & hot water is also available in both changing rooms.
- Changing rooms will be open but only 1 person using the room or toilet at any time. We ask only use the showers if you have too
- Towels are permitted for showering but not in the gym.
- You must use either your own water bottle & bring enough to drink with you, or purchase drinks from reception.
- No protein shakes will be made on site by the staff
- The Staff room/Kitchen is out of bounds to all members & public
- Lockers are available or personal belongings to be kept on you. Nothing is to be left at the reception desk. All belonging are your own responsibility.
- The seating area can have 1 person unless you are with a family member you live with or are in the same bubble.
- There will be NO creche and unfortunately no children can be left in the seating area throughout July/August.
- No weekday classes will take place throughout July/August
- Masks are optional. Guidance has not specified wearing one when working out in a gym

TO BOOK FOR THE GYM

Our Members who have continued payment throughout have been given priority. We do understand how hard it has been for some people to continue paying and fully understand if you had to cancel. We cant wait to see you **ALL** again

ALL MEMBERSHIP PAYMENTS ARE TO BE SET UP OR MADE BEFORE RETURNING.
(see below in memberships)

You can either:

FACEBOOK MESSAGE PRIVATELY ON OUR PAGE

EMAIL gymatbrislington@gmail.com

CALL 0117 2397806 (from 25th July)

We will do our very best to accommodate you with your required time slot. Please respect our staff at all times as we are putting these things in place with yours and our own safety in mind, along with following government requirements.

*All is subject to change at any time

MEMBERSHIPS

Due to circumstances we are having to make a few changes.

- **Full Membership £25.00** if a standing order is set up. Your payment needs to be set up on either the 1st of every month, 15th or the 28th. (this does not need to change if you already have a standing order in place)
- **Students, Over 60's, NHS & Military £20.00** if a standing order is set up. Your payment needs to be set up on either the 1st of every month, 15th or the 28th. (this does not need to change if you already have a standing order in place)
- **Memberships paid by Cash or Card at reception £30.00**
- **Day Pass £8.00** (to include classes)

Standing order details to Natwest Bank

PAYEE: CW Fitness Solutions

Account Number: 10255028

Sort Code: 010004

