

ML3 FITNESS & WELLNESS

Terms & Conditions of Membership and Use

Effective Date: _____

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§1 Introduction

Welcome to ML3 Fitness & Wellness.

These Terms & Conditions apply to all members, customers, visitors and guests using our gym facilities, wellness services or purchasing any memberships, products or services from ML3 Fitness & Wellness.

By becoming a member, booking a treatment or using our facilities, you confirm that you have read, understood and agree to these Terms & Conditions.

§2 Definitions

For the purpose of these Terms & Conditions:

Gym Membership means the monthly membership providing unlimited access to the gym facilities during opening hours.

Wellness Membership means the monthly membership providing access to participating wellness services in accordance with the current membership package.

Member means any customer holding an active Gym Membership or Wellness Membership.

Customer means any individual purchasing a membership, treatment or service from ML3 Fitness & Wellness.

Wellness Services include, but are not limited to:

- * Floatation Therapy
- * Hyperbaric Oxygen Therapy (HBOT)
- * Contrast Therapy
- * Red Light Therapy
- * Compression Boots
- * Massage Chairs
- * Any additional wellness services introduced by ML3 Fitness & Wellness in the future.

§3 Products & Pricing

ML3 Fitness & Wellness offers a range of memberships and wellness services designed to support health, fitness, recovery and overall wellbeing.

§3.1 Gym Membership

Gym Membership provides unlimited access to the gym during our standard opening hours.

Current Membership Fee

£29 per month

Gym Membership includes:

- * Unlimited gym access
- * Access to member promotions where applicable
- * Eligibility for discounted Wellness Membership pricing

Gym Membership is personal to the named member and is non-transferable.

§3.2 Wellness Membership

The ML3 Wellness Membership has been designed to encourage a consistent recovery and wellbeing routine while offering excellent value compared with purchasing treatments individually.

Current Membership Fees

£199 per month

(Includes Gym Membership)

£179 per month

(Existing Gym Members)

The Wellness Membership includes:

- * Up to 12 wellness sessions per calendar month
- * Maximum 3 sessions per week
- * Advance booking via the ML3 booking system
- * Access to participating wellness services included within the membership package

Sessions are always subject to availability.

Unused sessions cannot be carried forward, transferred to another person or exchanged for cash.

Membership is personal and cannot be shared.

§3.3 Individual Wellness Services

Customers do not need to hold a membership to use our wellness services.

Current prices:

Service	Price
Contrast Therapy	£45?
Floatation Therapy	£60?
Hyperbaric Oxygen Therapy (HBOT)	£60?
Red Light Therapy	£40?
Compression Boots	£30?
Massage Chairs	Current advertised price

Additional services may be introduced from time to time.

§3.4 Membership Discounts

Existing Gym Members qualify for the discounted Wellness Membership price of £179 per month.

Customers without an active Gym Membership may purchase the combined Gym & Wellness Membership for £199 per month.

Discounts apply only whilst the qualifying membership remains active and cannot normally be used in conjunction with any other offer unless otherwise stated.

§4 Membership Terms

Memberships operate on a rolling monthly basis.

Membership fees are payable monthly by Direct Debit or another approved payment method.

Payments are collected on the agreed payment date each month.

If payment is unsuccessful, ML3 Fitness & Wellness reserves the right to suspend membership benefits until payment has been received.

A minimum of 30 days' written notice is required to cancel a membership.

Membership fees remain payable throughout the notice period.

ML3 Fitness & Wellness reserves the right to review membership prices, benefits and opening hours from time to time. Members will receive reasonable notice of any significant changes.

§5 Booking Policy

Appointments for wellness services are subject to availability.

Bookings can be made:

- * Online via the ML3 booking system
- * By telephone
- * By email
- * In person at reception

Customers are encouraged to book appointments in advance.

Appointments are confirmed only once entered into the booking system.

Late Arrivals

Late arrival may reduce the duration of your appointment to avoid delaying other customers.

Cancellations

Please provide as much notice as possible if you need to cancel.

Late cancellations may result in your allocated session being deducted from your monthly allowance.

No Shows

Failure to attend without notice may result in the booked session being forfeited.

Repeated no-shows may result in temporary booking restrictions.

§6 Medical Declarations & Health

The health and safety of our customers is our highest priority.

Where requested, all customers must complete a medical declaration or health questionnaire before using gym equipment, wellness facilities or receiving treatment.

Customers are responsible for informing ML3 Fitness & Wellness of any medical condition, injury, recent surgery, pregnancy, medication or any other health concern that may affect their ability to safely participate.

If you have any medical condition or are unsure whether exercise or a wellness treatment is suitable for you, you should seek advice from your GP, consultant or another suitably qualified healthcare professional before participating.

ML3 Fitness & Wellness staff are not medically qualified and cannot provide medical advice or diagnoses.

ML3 Fitness & Wellness reserves the right to refuse or postpone access to equipment or treatment where participation may present a risk to the customer or others.

§7 Wellness Services

ML3 Fitness & Wellness offers a range of wellness and recovery services designed to support physical and mental wellbeing.

Customers must follow all instructions provided by members of staff before, during and after any treatment or when using any wellness equipment.

Individual operating procedures and safety guidance for each service must be followed at all times.

Services may occasionally be unavailable due to maintenance, servicing or operational requirements.

§8 Gym Rules

Members are expected to:

- * Wear suitable gym clothing and footwear.
- * Treat staff and fellow members with respect.
- * Return all equipment after use.
- * Wipe down equipment after use.
- * Use equipment safely and responsibly.
- * Follow instructions given by members of staff.
- * Respect other users of the facilities.

ML3 Fitness & Wellness reserves the right to suspend or terminate memberships where behaviour is considered unsafe, abusive or inappropriate.

§9 Fair Usage Policy

The Wellness Membership has been designed to encourage regular and balanced use of our facilities.

Members are entitled to a maximum of 12 wellness sessions per calendar month, intended to be used as up to three sessions per week.

Sessions are subject to advance booking and availability.

Repeated late cancellations, no-shows or behaviour preventing fair access for other members may result in temporary booking restrictions or a review of membership

§10 Payments & Refunds

Membership fees are payable in advance.

Individual services must be paid for before or at the time of the appointment unless otherwise agreed.

Membership payments are generally non-refundable.

Refunds will only be provided where required by law or approved by management.

§11 Gift Vouchers

Gift vouchers:

- * Cannot be exchanged for cash.
- * Must be redeemed before their expiry date.
- * Cannot normally be replaced if lost or stolen.
- * May only be redeemed against eligible products and services.

§12 Photography & Social Media

Photographs or videos may occasionally be taken for promotional purposes.

Where practical, customers will be informed in advance.

Customers who do not wish to appear in promotional material should notify a member of staff.

§13 Personal Belongings

Customers remain responsible for their own belongings.

ML3 Fitness & Wellness accepts no responsibility for loss, theft or damage to personal property unless caused by our negligence.

§14 Liability

Customers use the facilities entirely at their own risk.

ML3 Fitness & Wellness accepts no responsibility for injury resulting from:

- * Failure to follow staff instructions.
- * Incorrect use of equipment.
- * Failure to disclose relevant medical information.
- * Misuse of facilities.

Nothing within these Terms & Conditions excludes or limits liability where such exclusion or limitation is prohibited by law.

§15 Privacy & Data Protection

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

Information is used solely for managing memberships, bookings and providing services.

§16 Changes to Terms & Conditions

ML3 Fitness & Wellness reserves the right to amend these Terms & Conditions at any time.

The latest version will always be available at reception and on our website.

§17 Contact Details

ML3 Fitness & Wellness

Hamilton Community Stadium
Cadzow Avenue
Hamilton
ML3 0FT

Telephone: 01698 368 600

Email: info@ml3gym.co.uk

Website: www.ml3gym.co.uk