

To complete the sign up process and become a member of Listers Health, you must read this PDF, including the terms of the agreement, gym rules and health declaration, then tick that you agree.

Gym Rules

1. All members need to have agreed to a medical declaration during the joining process, before we register your membership.
2. On joining Listers Health, we offer all our members a comprehensive induction to instruct you on the safe use of the gym equipment. We strongly advise you undertake this. Listers Health will not accept any liability for any personal injury claim if you use the gym equipment having not undertaken an induction from a qualified member of Listers Gyms staff.
3. [We use CCTV to monitor access and usage to ensure the safety and security of our members.](#)
4. Bring and train with a towel to sit on whilst using equipment/lie on if doing a class (if forgotten, a towel must be rented from reception for a £2 deposit and £1.50 will be refunded when the towel is returned).
5. Wipe down equipment after use with paper towel and spray provided.
6. Members are solely responsible for their own belongings whilst attending the Gyms. We accept no responsibility for any loss or damage to personal property.
7. Place personal belongings in changing room lockers (please provide your own padlock). Bags are not allowed on the gym floor. It looks untidy and can cause a trip hazard.
8. [Wear appropriate clean exercise clothing and shoes whilst exercising.](#)
9. [Maintain good personal hygiene.](#)
10. [No food to be eaten in the sauna or steam room.](#)
11. [Members must not touch or remove any item in the sauna or steam room.](#)
12. [No oils, facemasks or lotions to be used in sauna or steam room.](#)
13. [Misuse of Listers Health equipment is entirely at the member's risk.](#)
14. [Wear swimwear or clean loose clothing in the sauna and sit on a towel.\(no sweaty gym clothes\)](#)
15. Produce membership card at reception on each and every visit (if card is lost there may be a charge for replacement).
16. Your membership will be cancelled immediately if you lend your membership card to anyone.
17. Ensure personal belongings are not left in the locker overnight. The padlock will be broke and items removed.
18. Turn up on time if taking part in a class, late comers will not be allowed into the class..
19. [Management have the right to cancel any class.](#)
20. [Please ensure that you put your weights and other gym equipment back in their original place when finished, failure to do so may result in your membership being terminated.](#)
21. Arrive on time for any appointments (if appointments are repeatedly missed or cancelled with less than 24 hours' notice, club may refuse to rebook further appointments)..
22. [Have respect for fellow members and staff. Abusive or offensive behaviour towards staff will not be tolerated.](#)
23. Refrain from using offensive language.
24. Keep mobile phone use to a minimum (for health and safety reasons must not be used whilst on treadmill). Mobile phones can only be used for personal use. [You are not permitted to take photographs/videos on the premises or post remarks to the internet that may identify another member.](#)
25. Dispose of rubbish in the bins provided.
26. Allow sufficient time for changing and showering so you are able to leave by closing time.
27. Payments and usage of the gym is entirely the member's responsibility.
28. Late fees and charges are added for none or late payments.
29. [Please give car registration to reception and do not park in loading bay areas or marked areas.](#)
30. Rolling contracts must be paid on the same day each month. If you miss your pay date, by more than one day you will have to pay the joining fee again.
31. You can freeze your membership FOR £5.00 PER MONTH (exclusions apply)
32. [This is a ladies only gym so unless there are men on the premises, you must remove your scarf whilst exercising.](#)

Health Declaration

Your health is your responsibility. The Management and Staff at Listers Health are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we carefully considered what we can reasonably expect of each other. [All customers must agree to the Health Commitment Statement before commencing any exercise programme/activity.](#)

Our commitment to you

- 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 beyond what you consider to be your own abilities.
- 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.
- We will take all reasonable steps to make sure that our staff is qualified to the fitness industry standards.
- If you tell us 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.

Your commitment to us

- 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 you should get advice from a relevant medical professional and follow that advice before using our equipment and facilities. This must be declared when filling in the screening form. If you answer yes to any health questions, you will need to complete a Par.Q
- 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 have been told are not suitable for you.
- You should notify your instructor of any existing or new medical conditions before you commence an activity.
- 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.
- If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.