

## Terms and Conditions of Use

These Terms and Conditions are issued by **Atlaseco Ltd, trading as The Atlas Gym** (“The Atlas Gym”, “we”, “us”, or “our”). They outline the liability policies for all users of The Atlas Gym facilities, equipment, and services. By entering The Atlas Gym premises or using its services, you confirm that you have read, understood, and accepted the following terms.

### 1. Legal Entity

1.1. The Atlas Gym is operated by Atlaseco Ltd, a company registered in England and Wales.

1.2. All references to “The Atlas Gym” in this document shall mean Atlaseco Ltd, trading under the name The Atlas Gym.

### 2. Acceptance of Risk

2.1. By using The Atlas Gym’s facilities, you acknowledge that participation in physical activities and the use of gym equipment carries inherent risks, including but not limited to:

- Muscular, skeletal, or joint injuries.
  - Cardiovascular incidents, including heart attack or stroke.
  - Slips, trips, or falls on the premises.
  - Injuries caused by improper use of equipment or interactions with other gym users.
- 2.2. You voluntarily assume all such risks and agree that Atlaseco Ltd is not responsible for injuries or damages, except where negligence on our part is proven.

### 3. Health and Medical Fitness

3.1. By using The Atlas Gym, you confirm that you are physically and medically fit to engage in exercise without risk to your health or safety.

3.2. You are responsible for seeking medical advice before using the gym if you have:

- Pre-existing medical conditions or injuries.
- A history of heart, lung, or joint issues.
- Any condition requiring ongoing medical treatment or monitoring.

3.3. Atlaseco Ltd reserves the right to refuse access if you fail to provide medical clearance when required.

### 4. Induction and Supervised Use

4.1. A gym induction session is recommended for all new members to ensure safe and effective use of the facilities.

4.2. By declining an induction, you acknowledge that you have sufficient knowledge to use the gym equipment safely.

4.3. Independent use of The Atlas Gym without supervision or guidance is at your own discretion and risk.

4.4. Staff and personal trainers are available for advice but are not liable for injuries caused by improper technique, failure to follow guidance, or overexertion.

## **5. Equipment Use**

5.1. All equipment must be used according to its intended purpose and in line with provided instructions.

5.2. If you are unfamiliar with any equipment, it is your responsibility to seek guidance from staff or personal trainers.

5.3. Any damaged or malfunctioning equipment must be reported immediately. Do not attempt to use faulty equipment.

5.4. Atlaseco Ltd is not liable for injuries caused by:

- Improper use of equipment.
- Use of equipment that has not been reported as faulty or damaged.

5.5. Members are responsible for ensuring they do not exceed their personal fitness limitations during exercise.

## **6. Limitation of Liability**

6.1. Atlaseco Ltd is not liable for injuries, illnesses, or damages incurred while using The Atlas Gym, except where negligence is proven.

6.2. Liability exclusions include, but are not limited to:

- Accidents caused by improper use of equipment.
- Injuries resulting from other members' actions or negligence.
- Losses incurred due to your failure to disclose relevant medical information.

6.3. Atlaseco Ltd's liability is limited to injuries or damages caused by gross negligence on the part of its staff or management.

6.4. These exclusions do not affect statutory rights under UK consumer protection laws.

## **7. Personal Belongings**

7.1. Atlaseco Ltd accepts no responsibility for loss, theft, or damage to personal belongings while on The Atlas Gym premises.

7.2. Lockers are available for temporary use during your visit but are used at your own risk.

7.3. Items left overnight may be removed by staff and disposed of after 30 days if unclaimed.

## **8. Behaviour and Conduct**

8.1. Members must adhere to The Atlas Gym rules and conduct themselves in a safe, respectful, and responsible manner.

8.2. Aggressive, harassing, or inappropriate behaviour towards staff or other members will result in immediate removal and possible termination of membership without refund.

8.3. Damage to property caused by reckless or deliberate actions may result in legal or financial liability.

## **9. Emergency Procedures**

- 9.1. Members must familiarise themselves with emergency exits, evacuation procedures, and the locations of first aid kits and defibrillators.
- 9.2. All injuries, incidents, or emergencies must be reported immediately to a member of staff.
- 9.3. Atlaseco Ltd takes reasonable precautions to ensure a safe environment but is not liable for emergencies caused by external factors or unforeseen circumstances.

## **10. Minors and Vulnerable Adults**

- 10.1. Children under the age of 16 may only use The Atlas Gym under the supervision of a parent, guardian, or approved personal trainer.
- 10.2. Vulnerable adults requiring additional support must be accompanied by an appropriate carer or supervisor.
- 10.3. Supervisors are fully responsible for the behaviour and safety of the individuals under their care.

## **11. Insurance**

- 11.1. Atlaseco Ltd maintains public liability insurance to cover incidents caused by its own negligence.
- 11.2. Members are advised to obtain personal accident and health insurance for added protection against injuries or medical emergencies.

## **12. Amendments to Terms**

12.1. Atlaseco Ltd reserves the right to amend these Terms and Conditions at any time. Updates will be communicated via:

- Notices displayed within The Atlas Gym.
- Updates on the website.
- Emails to members.

12.2. Continued use of The Atlas Gym following any amendments constitutes acceptance of the revised terms.

## **13. Governing Law**

- 13.1. These Terms and Conditions are governed by and construed in accordance with the laws of England and Wales.
- 13.2. Any disputes arising from the use of The Atlas Gym will be subject to the jurisdiction of the English courts.

## **14. Membership Terms**

- 14.1. Memberships are non-transferable and are only valid for the individual whose name appears on the account.
- 14.2. Memberships are billed monthly or annually, depending on the chosen plan, and renew automatically unless cancelled in accordance with the cancellation policy.
- 14.3. Changes to membership types (e.g., upgrading or downgrading plans) may incur

additional charges or changes in billing dates.

14.4. Members must provide accurate and up-to-date contact information.

## **15. Membership Cancellation and Refunds**

15.1. Members may cancel their membership at any time by providing at least 7 days' notice before the next billing date.

15.2. Refunds for unused portions of memberships are not provided unless required by law.

15.3. Atlaseco Ltd reserves the right to suspend or terminate memberships for violations of gym rules, inappropriate behaviour, or misuse of facilities, without refund.

## **16. Guest and Day Pass Users**

16.1. Guest and day pass users are subject to the same terms and conditions as members.

16.2. Guest access is limited to designated areas and times as specified by The Atlas Gym.

16.3. Guests under 18 must have written consent from a parent or guardian to use the facilities.

## **17. Data Protection and Privacy**

17.1. Atlaseco Ltd complies with the UK General Data Protection Regulation (GDPR) and other applicable privacy laws.

17.2. Personal data collected during membership registration, including health information, will be stored securely and used only for purposes related to gym operations, such as billing, safety, and communication.

17.3. Members have the right to access, amend, or request deletion of their personal data by contacting us at [enquiries@theatlasgym.co.uk](mailto:enquiries@theatlasgym.co.uk).

17.4. CCTV is in operation within The Atlas Gym for safety and security purposes. Recorded footage will only be accessed in accordance with our privacy policy.

## **18. Payment and Late Fees**

18.1. All payments must be made by the due date specified in your membership agreement.

18.2. If payment fails, access to The Atlas Gym may be restricted until outstanding fees are settled.

18.3. Late payments may incur additional fees or charges.

## **19. Promotions and Discounts**

19.1. Promotions, discounts, or special offers are subject to specific terms, which will be detailed at the time of the offer.

19.2. Discounts are not transferable or redeemable for cash.

19.3. Atlaseco Ltd reserves the right to withdraw or modify promotional offers at any time.

## **20. Personal Trainers and External Services**

- 20.1. Only trainers employed or approved by The Atlas Gym may provide personal training services on the premises.
- 20.2. Members are prohibited from hiring external personal trainers or providing informal training services to others without prior approval.
- 20.3. Personal training sessions must be booked in advance and are subject to availability and cancellation policies.

## **21. Use of Facilities**

- 21.1. Access to specific facilities, such as saunas, pools, or special classes, may be limited to certain membership tiers or incur additional fees.
- 21.2. Facilities may be temporarily unavailable due to maintenance, special events, or unforeseen circumstances.
- 21.3. Atlaseco Ltd will endeavour to provide advance notice of closures but cannot guarantee uninterrupted availability of all services.

## **22. Code of Conduct for Class Participation**

- 22.1. Members participating in classes must arrive on time and adhere to the instructions provided by the instructor.
- 22.2. Disruptive behaviour during classes may result in removal from the session and potential suspension from future classes.
- 22.3. Class spaces are limited and must be reserved in advance when required.

## **23. Age Restrictions**

- 23.1. Members must be at least 16 years old to use the gym independently.
- 23.2. Younger users (13–15 years old) may access the gym only under direct supervision of a parent, guardian, or personal trainer.
- 23.3. Certain areas or equipment may be restricted for users under 18.

## **24. Alcohol, Drugs, and Prohibited Substances**

- 24.1. Members and guests must not be under the influence of alcohol, drugs, or any substances that impair their ability to exercise safely.
- 24.2. The possession, distribution, or use of illegal substances on The Atlas Gym premises is strictly prohibited and will be reported to authorities.

## **25. Force Majeure**

- 25.1. Atlaseco Ltd is not liable for interruptions to services caused by events beyond its control, including but not limited to natural disasters, government restrictions, pandemics, or power outages.

## **26. Complaints and Dispute Resolution**

26.1. Any complaints about facilities, services, or staff must be directed to management via enquiries@theatlasgym.co.uk.

26.2. Atlaseco Ltd will endeavour to resolve complaints promptly and fairly.

26.3. Disputes that cannot be resolved internally will be referred to mediation or legal proceedings as necessary.

## **27. Intellectual Property**

27.1. All content, branding, and materials provided by The Atlas Gym, including logos, website content, training programs, and marketing materials, are the intellectual property of Atlaseco Ltd and may not be reproduced or distributed without permission.

27.2. Any content shared via The Atlas Gym's mobile app, social media, or other platforms is for personal use only and must not be used for commercial purposes.

## **28. Photography and Media Use**

28.1. Members and guests must obtain prior consent from management before taking photos or videos within The Atlas Gym.

28.2. Photography or recording of other members without their explicit consent is strictly prohibited.

28.3. Atlaseco Ltd reserves the right to use images or footage captured during events or classes for promotional purposes. Members who do not wish to appear in such materials must notify management in advance.

## **29. Waiver of Liability for Third-Party Services**

29.1. The Atlas Gym may offer access to third-party services, such as health or wellness consultations, nutritional advice, or specialised classes.

29.2. Atlaseco Ltd is not liable for any issues, injuries, or outcomes resulting from third-party services offered on or off the premises.

29.3. Members engaging with third-party services do so at their own risk and are encouraged to review the terms and qualifications of the provider.

## **30. Suspension and Freeze Policies**

30.1. Members may request to freeze their membership for a specified period (e.g., medical reasons, travel) by providing written notice. A minimal holding fee may apply.

30.2. Suspensions or freezes cannot be applied retroactively or during the notice period for cancellations.

30.3. Atlaseco Ltd reserves the right to freeze or suspend memberships for reasons including maintenance, emergencies, or violations of gym rules.

## **31. Facility-Specific Rules**

31.1. Saunas, steam rooms, and other specialised facilities may have specific rules of use, including time limits, hygiene requirements, and appropriate attire. These must be adhered to at all times.

31.2. Certain areas, such as the weights or cardio sections, may have restricted access during peak times, cleaning, or maintenance.

## **32. Parking and Property**

32.1. Parking on The Atlas Gym premises is available but not guaranteed and is provided on a first-come, first-served basis.

32.2. Atlaseco Ltd accepts no liability for theft, damage, or loss involving vehicles or items left in vehicles while on the premises.

## **33. Changes to Operating Hours**

33.1. Atlaseco Ltd reserves the right to modify operating hours, including closures for holidays, maintenance, or emergencies.

33.2. Members will be given as much notice as possible of changes to opening hours or closures.

## **34. Member Responsibilities**

34.1. Members must ensure they are adequately hydrated, nourished, and prepared for physical activity.

34.2. Members are responsible for reading and understanding instructions, safety warnings, and posted guidelines before using any equipment.

34.3. Members must immediately report any accidents, injuries, or hazards to a member of staff.

## **35. Community Guidelines**

35.1. The Atlas Gym is committed to creating an inclusive and supportive environment. Discrimination, harassment, or exclusionary behaviour on the basis of race, gender, religion, disability, or any other protected characteristic is strictly prohibited.

35.2. Members are expected to contribute to a positive community atmosphere and cooperate with staff and other members.

## **36. Environmental Policy**

36.1. The Atlas Gym is committed to sustainable and environmentally friendly practices. Members are encouraged to:

- Use refillable water bottles and minimise single-use plastics.
- Dispose of rubbish responsibly in designated bins.
- Report any issues with heating, lighting, or water use that may impact efficiency.

## **37. Termination of Membership by The Atlas Gym**

37.1. Atlaseco Ltd reserves the right to terminate a membership if a member:

- Fails to comply with these Terms and Conditions.
  - Acts in a way that endangers the safety of others or damages the reputation of The Atlas Gym.
  - Provides false information during registration or any subsequent interactions.
- 37.2. Termination for such reasons will not entitle the member to a refund.

## **38. Waiver of Liability for Group Activities**

38.1. Group activities, including classes, events, or workshops, are attended at the participant's own risk.

38.2. Instructors will provide guidance but are not responsible for ensuring that every participant follows instructions or remains within their physical limits.

## **39. COVID-19 and Health Risks**

39.1. Members must comply with all public health regulations and guidelines in place at The Atlas Gym, including those relating to COVID-19 or other infectious diseases.

39.2. Members agree to:

- Stay home if experiencing symptoms of illness.
- Follow hygiene protocols, such as hand sanitising and cleaning equipment after use.
- Adhere to capacity limits and social distancing rules when applicable.

## **40. Member Safety Responsibility**

40.1. Members are required to prioritise safety while using The Atlas Gym. This includes:

- Using proper form and technique during exercises.
- Ensuring they warm up and cool down adequately.
- Avoiding overexertion or engaging in exercises beyond their fitness level.

40.2. Members must not use the gym while under the influence of medication that impairs judgement or physical ability.

40.3. Spotters are recommended for heavy lifting. Members are encouraged to request assistance from staff when needed.

## **41. Waiver for Experimental or Specialised Equipment**

41.1. Some equipment or facilities may be new or experimental. Members using such equipment agree to accept full responsibility for any risks involved.

41.2. Usage guidelines or restrictions may be provided for such equipment and must be followed.

## **42. Online Services and Virtual Offerings**

42.1. If The Atlas Gym provides online workout sessions, virtual classes, or other digital services, members participate at their own risk.

42.2. Atlaseco Ltd is not liable for injuries or damages sustained during at-home workouts, even if performed under the guidance of a virtual class or trainer.



42.3. All intellectual property related to virtual services, including workout plans and video content, remains the property of Atlaseco Ltd.

### **43. Unsupervised Areas and 24/7 Access**

(If you offer unsupervised facilities or operate outside regular staffed hours.) 43.1. Certain areas of The Atlas Gym may be unsupervised during specific times or on a 24/7 basis. Members use these areas at their own risk.

43.2. Emergency procedures for unsupervised areas, including access to emergency buttons or contacts, must be reviewed by members prior to use.

43.3. Members must not permit unauthorised individuals to access the gym using their entry credentials.

### **44. Pets and Assistance Animals**

44.1. Pets are not permitted on The Atlas Gym premises.

44.2. Assistance animals, such as guide dogs, are allowed in compliance with UK accessibility regulations. Members with assistance animals must notify management in advance.

### **45. Food and Beverages**

45.1. Consumption of food is not permitted on the gym floor, except in designated areas.

45.2. Only water or non-spillable beverages are permitted on the gym floor.

45.3. Members must avoid bringing allergens or strong-smelling foods that could affect others.

### **46. Third-Party Liability**

46.1. Atlaseco Ltd is not liable for injuries, damages, or losses caused by the actions or negligence of third parties, including other members or external contractors.

46.2. Members who cause harm or damage to others may be held personally responsible for their actions.

### **47. Membership Holds and Medical Suspensions**

47.1. Members may request a temporary suspension of their membership for medical reasons by providing a doctor's note.

47.2. Suspensions may also be granted for extended travel or other personal reasons at the discretion of management.

47.3. The duration of a membership hold will be agreed upon in writing, and an administration fee may apply.

### **48. Noise and Music**

48.1. Members are required to use headphones when listening to personal music or media on the gym floor.

48.2. Members must respect the volume levels of conversations, weights being dropped, or other noise-generating activities to avoid disturbing others.

## **49. Outdoor or Special Events**

49.1. Members participating in outdoor fitness classes or special events organised by The Atlas Gym do so at their own risk.

49.2. Atlaseco Ltd is not responsible for weather-related disruptions or injuries sustained during outdoor activities.

## **50. Confidentiality for Bespoke Training Plans**

50.1. Bespoke training plans provided to members remain the intellectual property of Atlaseco Ltd.

50.2. Members are prohibited from sharing or distributing bespoke plans to non-members or using them for commercial purposes.

## **51. Independent Contractor Clause**

51.1. Personal trainers and other fitness professionals operating within The Atlas Gym may act as independent contractors.

51.2. Atlaseco Ltd is not liable for disputes, injuries, or losses arising from services provided by independent contractors.

51.3. Members must resolve any issues with independent contractors directly.

## **52. Changes to Fees**

52.1. Atlaseco Ltd reserves the right to adjust membership fees or other charges with 30 days' notice.

52.2. Any changes will be communicated via email, website updates, or posted notices within the gym.

## **53. Health Declarations**

53.1. Members must complete a health and fitness declaration upon joining and update it if their health status changes.

53.2. Failure to disclose relevant health information may result in restricted access to facilities or termination of membership.

## **54. Events of Misuse**

54.1. If a member is found misusing the facilities, such as deliberately damaging equipment, engaging in unsafe practices, or violating rules, Atlaseco Ltd reserves the right to:

- Issue a formal warning.
- Suspend or revoke membership without refund.
- Pursue legal or financial remedies for damages caused.

## **55. Indemnity**

55.1. Members agree to indemnify Atlaseco Ltd against any claims, damages, or expenses arising from their actions, including but not limited to:

- Violations of these Terms and Conditions.
- Injuries caused to other members or staff due to reckless behaviour.
- Damage to gym property caused by negligence or deliberate misuse.

## **56. Gym Equipment Maintenance and Member Responsibility**

56.1. Atlaseco Ltd ensures that all gym equipment is regularly maintained and inspected for safety.

56.2. Members are required to report any damaged or malfunctioning equipment immediately. Continuing to use equipment that is visibly damaged is prohibited.

56.3. Members are responsible for ensuring that equipment is returned to its designated place after use.

## **57. Prohibited Activities**

57.1. The following activities are strictly prohibited on The Atlas Gym premises:

- Smoking or vaping.
- Solicitation of goods or services not authorised by Atlaseco Ltd.
- Gambling or betting.

57.2. Any member found engaging in prohibited activities may have their membership revoked without refund.

## **58. Lost and Found Policy**

58.1. Items left behind on the premises will be stored in the Lost and Found for a maximum of 30 days.

58.2. Atlaseco Ltd is not responsible for the safe return of lost items. Unclaimed items may be donated or disposed of after the retention period.

## **59. Spa and Wellness Services**

(If applicable)

59.1. Use of spa and wellness facilities, such as saunas, steam rooms, or massage therapy, is subject to specific rules, which will be provided at the time of booking or displayed in the facility.

59.2. Members are required to shower before entering spa facilities.

59.3. Spa services are provided by licensed professionals, and any disputes must be resolved directly with the provider if external contractors are involved.

## **60. App and Digital Platforms Usage**

60.1. Members using The Atlas Gym's app or digital platforms must comply with the Terms of Use of those platforms.

60.2. Access to the app may be restricted if a membership account is suspended or terminated.

60.3. Atlaseco Ltd is not responsible for technical issues or outages affecting the app or digital services.

## **61. Special Conditions for Classes and Workshops**

61.1. Certain classes or workshops may have additional fees or registration requirements. Details will be communicated at the time of booking.

61.2. Members are expected to arrive on time for classes. Late arrivals may not be permitted to join for safety reasons.

61.3. Cancellation policies for classes and workshops will vary and will be communicated upon booking.

## **62. Membership Transfer Policy**

62.1. Memberships are non-transferable. Any attempt to transfer a membership without prior written approval will result in its cancellation.

62.2. In exceptional circumstances, such as relocation, Atlaseco Ltd may approve a one-time transfer of membership at its sole discretion.

## **63. Special Events**

63.1. Atlaseco Ltd may host special events or competitions for members. Participation in these events is optional and may involve additional costs.

63.2. Atlaseco Ltd reserves the right to photograph or film these events for promotional purposes. Members who do not wish to appear in promotional materials must notify management in advance.

## **64. Access for Non-Members**

64.1. Non-members accessing The Atlas Gym as guests or for events must comply with these Terms and Conditions.

64.2. Non-members may be required to sign a waiver before using the facilities.

## **65. Weather-Related Closures**

65.1. In cases of severe weather, such as snow, flooding, or extreme heat, The Atlas Gym may close temporarily.

65.2. Members will be notified of closures via email, app notifications, or updates on the website. No refunds will be issued for closures due to weather.

## **66. Pregnant and Postpartum Members**

66.1. Pregnant members are encouraged to consult with their healthcare provider before engaging in exercise at The Atlas Gym.

66.2. Postpartum members must follow medical advice regarding when it is safe to resume exercise.

66.3. Atlaseco Ltd offers tailored classes or training for pregnant and postpartum members (if applicable).

## **67. Accessibility and Inclusivity**

67.1. The Atlas Gym is committed to providing a safe and inclusive environment for all members, including those with disabilities.

67.2. Members requiring specific accommodations should notify management in advance to ensure their needs can be met.

## **68. Legal Disputes**

68.1. Any disputes arising under these Terms and Conditions will be subject to mediation before legal action is pursued.

68.2. If legal action is required, it will fall under the jurisdiction of the courts of England and Wales.

## **69. Environmental and Sustainability Commitments**

69.1. Atlaseco Ltd is committed to sustainability and environmental responsibility. Members are encouraged to:

- Use reusable water bottles.
  - Minimise waste and dispose of items in recycling bins where provided.
- 69.2. Members found deliberately damaging or misusing environmentally friendly initiatives (e.g., water stations, recycling points) may face penalties.

## **70. Technology and Internet Use**

70.1. Free Wi-Fi may be provided for members' convenience. Use of this service is at your own risk, and Atlaseco Ltd is not liable for data breaches or technical issues.

70.2. Internet use must not involve:

- Illegal activities.
- Streaming or downloading explicit, offensive, or inappropriate content.

## **71. Support Animals Policy**

(For gyms in regions where this might be relevant or regulated.)

71.1. Only trained support or service animals are permitted on the premises. Proof of certification may be required.

71.2. Support animals must be under control at all times and not pose a risk to other members.

## **72. Dress Code**

72.1. Members must wear appropriate athletic attire and footwear while using The Atlas Gym facilities.

72.2. Bare feet are prohibited outside of designated areas (e.g., yoga studios).

72.3. Clothing must not feature offensive slogans, imagery, or language.

## **73. Noise Management**

73.1. Excessive noise, such as dropping weights unnecessarily or shouting, is prohibited unless in designated lifting zones.

73.2. Members are encouraged to use headphones for personal music or videos to maintain a peaceful environment.

## **74. Gym Competitions**

74.1. Atlaseco Ltd may organise fitness challenges or competitions for members. Participation is optional and at your own risk.

74.2. Rules for competitions will be provided in advance, and any disputes will be resolved by management.

74.3. Prizes awarded in competitions are non-transferable and not redeemable for cash.

## **75. Partner or Corporate Memberships**

75.1. Atlaseco Ltd offers corporate or group memberships for businesses or organisations. Specific terms will be agreed upon in a separate agreement.

75.2. Employees using corporate memberships must adhere to these general Terms and Conditions.

## **76. Equipment Reservations**

76.1. Certain equipment, such as squat racks or cardio machines, may have time restrictions during peak hours to ensure fair usage.

76.2. Members are required to vacate reserved equipment promptly at the end of their allotted time.

## **77. Wear and Tear on Equipment**

77.1. Atlaseco Ltd accepts normal wear and tear as part of equipment use but reserves the right to charge members for damages caused by reckless or improper use.

## **78. Social Media and Content Sharing**

78.1. Members are encouraged to share their fitness journey online but must:

- Not film or photograph other members without consent.
- Avoid sharing any content that may misrepresent or damage The Atlas Gym's brand.

78.2. Atlaseco Ltd reserves the right to request the removal of content featuring its facilities or branding if deemed inappropriate or misleading.

## **79. Refunds for Specific Circumstances**

79.1. Refunds may be considered in exceptional circumstances (e.g., medical conditions or relocations) at the discretion of Atlaseco Ltd.

79.2. All refund requests must be submitted in writing and accompanied by supporting evidence (e.g., medical notes).

## **80. Community Participation and Feedback**

80.1. Atlaseco Ltd welcomes feedback and suggestions from members to improve services.

80.2. Members participating in surveys, feedback forms, or focus groups acknowledge that their input may be used to improve operations but does not entitle them to compensation or influence over final decisions.

## **81. Member Referral Program**

(If applicable.)

81.1. Members who refer new users may qualify for rewards or discounts as outlined in the current referral program.

81.2. Rewards are subject to terms, including:

- A limit on the number of referrals per member.
- Minimum membership duration of the referred user before rewards are issued.

## **82. Ethical Standards and Compliance**

82.1. Members are expected to act in line with The Atlas Gym's commitment to ethical conduct, including respect for others' physical and emotional well-being.

82.2. Members must not engage in activities that could bring Atlaseco Ltd into disrepute, including posting defamatory comments or making false claims.

## **83. Expulsion for Legal Violations**

83.1. Members found engaging in illegal activities on or related to The Atlas Gym premises, such as theft or drug use, will have their membership immediately terminated and may be reported to law enforcement.

## **84. Late Night Use (If Applicable)**

(If operating during late or 24/7 hours.)

84.1. Members using the gym during late-night or off-peak hours must adhere to additional safety protocols, including:

- Checking in and out via app or security system.
- Avoiding loud or disruptive behaviour.

84.2. Atlaseco Ltd reserves the right to restrict access during these hours based on usage trends or safety concerns.

## **85. Unauthorised Marketing or Advertising**

85.1. Members are prohibited from distributing leaflets, business cards, or other promotional materials on The Atlas Gym premises without prior approval.

85.2. Violations may result in suspension or termination of membership.

## **86. Seasonal Closures and Events**

86.1. Atlaseco Ltd may adjust operating hours or close temporarily during major holidays or local events.

86.2. Closures will be communicated in advance, and memberships will not be refunded for periods of closure under two weeks.

## **87. Member Communication Policy**

87.1. Atlaseco Ltd communicates with members primarily through email, SMS, or app notifications.

87.2. Members are responsible for ensuring their contact details are up-to-date to receive important announcements, including changes to hours, fees, or terms.

87.3. Atlaseco Ltd is not responsible for members missing updates if contact information is incorrect.

## **88. Behaviour During Emergencies**

88.1. During emergencies, members must follow instructions from staff or emergency personnel promptly.

88.2. Failure to comply with emergency procedures, including misuse of emergency exits or equipment, may result in membership termination.

## **89. Physical and Verbal Altercations**

89.1. Atlaseco Ltd maintains a zero-tolerance policy for physical or verbal altercations between members.

89.2. Members involved in disputes may be suspended or permanently banned from The Atlas Gym, depending on the severity of the incident.

## **90. Trial Memberships**



- 90.1. Trial memberships are non-transferable and limited to one per person.  
90.2. Trial members must adhere to the same rules and terms as full members.  
90.3. Atlaseco Ltd reserves the right to revoke trial memberships without notice if misuse is detected.

## **91. Restricted Hours for Minors**

(If applicable.)

- 91.1. Members under 18 may only use The Atlas Gym during designated hours, as posted by management.  
91.2. Access outside these hours requires parental or guardian supervision and prior approval.

## **92. Gym Etiquette for Group Workouts**

92.1. Members participating in group workouts or using shared spaces (e.g., weightlifting platforms, stretching areas) must:

- Share equipment during peak hours.
- Avoid monopolising space for extended periods.

92.2. Failure to follow gym etiquette may result in warnings or membership suspension.

## **93. Damage to Gym Premises**

- 93.1. Members who cause damage to gym property, whether intentionally or through negligence, will be liable for repair or replacement costs.  
93.2. Deliberate acts of vandalism may result in legal action.

## **94. Monitoring and Security**

- 94.1. CCTV is in operation throughout The Atlas Gym to ensure member safety and monitor the premises.  
94.2. Footage is stored securely and may be shared with law enforcement if required for investigations.  
94.3. Members may request access to footage involving themselves under data protection regulations.

## **95. Noise from Group Fitness Classes**

- 95.1. Classes may generate additional noise during scheduled times. Members are encouraged to check the schedule to avoid disturbances.  
95.2. Atlaseco Ltd will endeavour to balance the needs of class participants and other gym users.

## **96. Cancellation of Classes**

96.1. Classes may be cancelled due to low enrolment, instructor unavailability, or unforeseen circumstances.

96.2. Members will be notified of cancellations as soon as possible and offered alternative classes where available.

## **97. Online Content Licensing**

97.1. Content provided through The Atlas Gym's app, website, or social media (e.g., workout videos, training plans) is licensed for personal use only.

97.2. Members may not download, share, or redistribute content without prior approval.

## **98. Event-Specific Rules**

98.1. Special events hosted by The Atlas Gym (e.g., competitions, open days) may have specific terms, such as age restrictions or waiver requirements.

98.2. Participation in events implies acceptance of these additional terms.

## **99. Membership Renewal Policy**

99.1. Memberships are automatically renewed on a rolling basis unless cancelled in writing by the member.

99.2. Members are responsible for ensuring cancellation requests are submitted in accordance with the notice period.

## **100. Breach of Terms**

100.1. Any breach of these Terms and Conditions may result in warnings, suspension, or permanent termination of membership, depending on the severity of the violation.

100.2. Reinstatement of membership after termination is at the sole discretion of Atlaseco Ltd.

## **101. Third-Party Partnerships**

101.1. Atlaseco Ltd may collaborate with third parties (e.g., local businesses, wellness providers) to offer additional benefits to members.

101.2. Members engaging with third-party services are subject to the terms and conditions of the provider. Atlaseco Ltd is not liable for any disputes or issues arising from third-party offerings.

## **102. Gym Usage Analytics**

102.1. Atlaseco Ltd may use non-identifiable data from gym usage patterns to improve services and optimise operations.

102.2. Data collection is anonymous and complies with applicable privacy regulations.

### **103. Accountability for Self-Training Programs**

103.1. Members following self-directed training programs, whether provided by The Atlas Gym or sourced independently, are solely responsible for their safety and effectiveness.

103.2. Atlaseco Ltd is not liable for injuries sustained from programs not implemented under staff supervision.

### **104. Volunteer and Charity Events**

104.1. Atlaseco Ltd may organise volunteer or charity events. Participation is voluntary and at the member's own risk.

104.2. Any funds raised for charity events are managed in accordance with transparency and accounting standards.

### **105. Seasonal Promotions and Temporary Memberships**

105.1. Seasonal promotions or temporary memberships are subject to specific terms, including duration, benefits, and cancellation policies.

105.2. Members engaging in promotional offers agree to adhere to these terms.

### **106. Membership Freeze for Exceptional Circumstances**

106.1. In addition to standard freezes (e.g., medical reasons), members may apply for freezes in exceptional circumstances such as:

- Military deployment.
- Significant family emergencies.

106.2. Approval is at the sole discretion of Atlaseco Ltd, and documentation may be required.

### **107. Use of Personal Trainers Not Employed by Atlaseco Ltd**

107.1. Members are prohibited from using external personal trainers within The Atlas Gym premises unless explicitly approved by management.

107.2. Violations may result in immediate membership suspension.

### **108. Age-Specific Restrictions for Equipment**

108.1. Certain equipment (e.g., heavy free weights or advanced cardio machines) may be restricted to members over 18 or those deemed appropriately experienced by staff.

108.2. Members under 18 must undergo a mandatory induction to access restricted equipment.

### **109. Withdrawal of Facilities**

109.1. Atlaseco Ltd reserves the right to permanently or temporarily withdraw facilities, such as classes, equipment, or specific areas, for reasons including:

- Repairs or upgrades.
  - Low participation rates.
- 109.2. Members will be notified in advance wherever possible.

## **110. Liability for Outdoor Access Areas**

(If your gym includes outdoor training spaces or running tracks.)

110.1. Atlaseco Ltd is not responsible for environmental hazards, such as uneven ground, weather conditions, or wildlife, in outdoor training areas.

110.2. Members using these spaces are responsible for appropriate attire and vigilance.

## **111. Shared Facilities with Third Parties**

111.1. If The Atlas Gym shares premises or facilities (e.g., parking lots, event spaces) with other businesses, members must comply with the policies of those businesses while in shared areas.

111.2. Atlaseco Ltd is not liable for incidents occurring in non-gym-specific areas.

## **112. Suspension Due to Misuse of App Features**

112.1. Misuse of The Atlas Gym app, such as:

- Sharing login credentials with others.
  - Attempting to hack or manipulate features.
- may result in restricted access to app services and, in severe cases, suspension of membership.

## **113. In-House Food and Beverage Purchases**

(If you offer a café or food counter.)

113.1. Food and drinks purchased at The Atlas Gym's facilities are non-refundable unless they are defective or incorrectly prepared.

113.2. Members must notify staff immediately if they have allergies or dietary restrictions to avoid cross-contamination.

## **114. Allergens and Gym Cleaning Products**

114.1. Atlaseco Ltd uses industry-standard cleaning products. Members with known allergies or sensitivities should notify staff to discuss alternatives or accommodations.

114.2. The Atlas Gym is not liable for allergic reactions caused by unreported sensitivities.

## **115. Collaborative Promotions**

(For partnerships with other businesses or gyms.)

115.1. Members participating in cross-promotional offers with partner businesses are subject to the terms of both Atlaseco Ltd and the partner business.

115.2. Disputes regarding promotional terms must be directed to the appropriate business offering the disputed service.

## **116. Rules for Pop-Up or Temporary Facilities**

116.1. Pop-up or temporary facilities (e.g., outdoor setups, event-based equipment) may have special rules for usage due to space or operational limitations.

116.2. Members using temporary facilities do so at their own risk and must adhere to staff instructions.

## **117. Temporary Membership Termination for Gym Closure**

117.1. In the event of prolonged gym closures due to unforeseen circumstances (e.g., pandemics, major renovations), memberships may be temporarily suspended without charge.

117.2. Refunds for closures exceeding 30 days will be considered at the discretion of Atlaseco Ltd.

## **118. Behaviour in Co-Working or Lounge Spaces**

(If you have shared workspaces or relaxation areas.)

118.1. Members using co-working or lounge areas must:

- Maintain a quiet and respectful environment.
- Avoid monopolising shared resources (e.g., power outlets, seating).

118.2. Atlaseco Ltd reserves the right to limit access to these areas during peak gym times.

## **119. Scent-Free Environment**

119.1. Members are asked to avoid wearing strong perfumes or colognes that could affect others' comfort or trigger sensitivities.

119.2. Violations may result in warnings or restricted access to shared spaces.

## **120. Unclaimed Equipment or Property**

120.1. Equipment or property left behind by members (e.g., shoes, fitness gear) will be treated as lost and moved to the Lost and Found.

120.2. Atlaseco Ltd is not responsible for the condition or security of unclaimed items.

## **121. Partnerships with Health or Insurance Providers**

121.1. Atlaseco Ltd may offer benefits or discounts through health insurance or corporate wellness programs.

121.2. Eligibility for these benefits is determined by the external provider, and disputes must be addressed with them directly.

## **122. Advanced Fitness Testing**

(If you offer body composition analysis, VO2 max testing, etc.)

122.1. Advanced fitness or health testing is optional and must be booked separately.

122.2. Results provided are for informational purposes only and do not constitute medical advice.

## **123. Facility-Specific Waivers**

123.1. Members may be required to sign additional waivers for high-risk activities or equipment, such as:

- Rock climbing walls.
- High-intensity interval training (HIIT) courses.
- Weightlifting competitions.

## **124. Events and Networking Opportunities**

124.1. Members attending networking or social events hosted by The Atlas Gym must adhere to professional behaviour standards.

124.2. Atlaseco Ltd is not responsible for agreements or disputes between members arising from such events.

## **125. Personal Recovery Equipment Use**

125.1. Recovery equipment, such as massage guns or rollers, provided by The Atlas Gym must be used as directed.

125.2. Members using their own recovery tools do so at their own risk and must avoid disrupting other users.

## **126. Feedback and Complaints Escalation**

126.1. Complaints unresolved at management level can be escalated to senior leadership at Atlaseco Ltd by emailing [enquiries@theatlasgym.co.uk](mailto:enquiries@theatlasgym.co.uk).

126.2. Atlaseco Ltd aims to respond to escalated complaints within 14 business days.