

General TRINITY FIT rules

1. If you are unsure as to how to use any piece of equipment you must seek advice from a Trinity staff before using such equipment.
2. Members are solely responsible for their own belongings whilst visiting the studio. Trinity Fit accepts no responsibility for any loss or damage to personal property.
3. Should your PAR-Q result in you being required to discuss your intention to exercise with your doctor, please be aware that your subscription remains active and any fees collected are non-refundable.
4. Smoking, including e- cigarettes are strictly prohibited in all areas of the studio. Any member found to be a breach of this rule may have their membership terminated.
5. You may not use the gym whilst under the influence of alcohol, narcotics, tranquilizers or any medication or other substance, which may affect your ability to exercise safely. Trinity Fit reserves the right to remove you from the premises if it reasonable believes you are unfit to use the facilities.

Class booking rules.

1. Members must arrive promptly for class start times; late arrival may result in being refused entry to the class.
2. Members must book 12 hrs in advance to ensure that a class has space for them or is up and running.
3. Members can book online from 7 days in advance.
4. Trinity Fit operates with a “3 strikes” non-attendance rule, whereby three no-shows within a 30 day rolling period will result in a 7 day booking ban. Any future classes you have booked will also be cancelled. You must cancel your class at least 3 hours before it starts, or this will be recorded as a no show.
5. If a member is unable to attend, they should cancel in advance of the class to avoid receiving a strike. If a class is full a member can book onto a waiting list. An email will be sent confirming the members place on the waiting list.