

YOUR QUAY TO HEALTH

QUAY

FITNESS CLUB



**NOW
OPEN**
AFTER MAJOR
REFURBISHMENT



- ▶ Fully Equipped Gym with state of the art equipment
- ▶ 2 Brand New Exercise Studios
- ▶ Air Conditioned
- ▶ 20 Metre Pool
- ▶ Spa, Sauna & Steam Room
- ▶ Over 35 Free Classes weekly
- ▶ Free Fitness Assessments and MOT Health Checks
- ▶ Kids Pool and Swimming Lessons
- ▶ Special Rates for Students, OAP's and Unemployed
- ▶ No Joining Fee
- ▶ Flexible month to month contracts
- ▶ Personal Trainers available

UNLIMITED
FITNESS CLASS
ONLY USE
£29
PER MONTH



Be all you can be at The Quay Health & Fitness Club

Our newly refurbished facilities include a fully air-conditioned fitness suite with all the latest Technogym Cardio-Vascular and Resistance Machines as well as a spacious free weights area catering for all fitness training needs. Two exercise studios offering over 35 fitness classes a week, from Zumba to Spin Cycle and Body Pump to Body Conditioning.

Other facilities also include a 20 metre swimming pool and Spa bath, Sauna and Steam room and our changing facilities include a family changing area. There is ample free car parking available in and around the fitness club.

Whatever your fitness needs may be we can help you achieve them.

FREE MOT check

We offer fitness testing and a FREE MOT health check as a part of your membership benefits.

Exercise classes

Your membership includes unlimited access to our fitness classes; we have over 35 fitness classes on offer per week.

Alternatively if you wish to use only the classes within the club, you can join on our "Group Fitness" membership for only £29 per month.

Find out More

Please contact the club on 0131 665 1005 or fill in a membership enquiry form on our website to arrange to come and view our fantastic facilities.

The Quay Fitness Club provides you the opportunity to achieve your personal fitness goals in a safe, effective and enjoyable way. This applies to whether you wish to lose excess body weight, build up or tone specific areas of your body or simply maintain your current levels of fitness and stay in shape.

Friendly qualified staff and personal trainers

Our fully trained staff are available, free of charge, to assist you every step of the way to achieve your specific fitness or lifestyle goals. Your fitness instructor will be able to design a bespoke fitness routine specifically for you and help you every step along your fitness path. Your instructor will recommend particular exercise, fitness classes and advise you on the frequency and intensity with which they should be taken.

After a provisional period, your instructor will review and re-design your fitness plan. Alternatively you can book sessions with our personal trainer who will support and guide you through each session and help you achieve your fitness targets.

THE QUAY

FITNESS CLUB



Memberships & Fees to suit your individual needs

Gold Membership

Full Membership Monday - Friday
6.30am-9.30pm (Last Entry 9pm)
Saturday & Sunday
8am-8pm (Last entry 7.30pm)
**Includes full use of all facilities
Including Fitness Classes**

	Annually	Monthly
Adult	£572	£52
Couple	£880	£80
Single Parent	£682	£62
Senior Citizen	£330	£30
Student	£330	£30
Child	£180	£15
Family	£990	£90

Silver Membership

(Off Peak 9am - 4.30pm every day)
**Includes full use of all facilities Including
Fitness Classes, Within allocated hours**

	Annually	Monthly
Adult	£456.50	£41.50
Couple	£709.50	£64.50
Single Parent	£550	£50
Senior Citizen	£291.50	£26.50
Family	£792	£72

Class Only Membership

Excludes all other facilities

	Annually	Monthly
Class Only	£299	£29

*There is an Administration charge of £25.00 when joining on a monthly payment scheme.

Your subscription includes full use of our two fitness studios and free personal fitness programs with our fitness instructors. You may also choose to go for a swim or take away the aches and pains in our spa bath or simply relax in our steam room and sauna. You can also take advantage of the various fitness classes we have on offer. These can be booked up to 7 days in advance. The centre is open from 6.30am to 9.30pm Monday to Friday and 8am to 8pm Saturday and Sunday.

Cancellations

A Full Calendar Month's written notice is required when cancelling a monthly subscription membership. Annual members are entering into a 12 month contract and refunds are not normally considered in the event of a member cancelling their membership early.

ALSO AVAILABLE FITNESS CLASS ONLY MEMBERSHIP

**OVER 35 CLASSES
INCLUDING ZUMBA, BODY PUMP
SPIN, BODY ATTACK, YOGA, STEP
AND MANY MORE!**

**GET IN SHAPE
FOR LESS WITH
THE HELP OF
OUR FITNESS
INSTRUCATORS**

UNLIMITED
CLASS ONLY USE
£29
PER MONTH

THE QUAY FITNESS CLUB MEMBERSHIP RULES

1. DEFINITIONS

- 1.1 **The Club** The Quay Fitness Club
1.2 **The Rules** The guidelines set out in sections below together with any other conditions displayed throughout the club and any conditions stated in literature/information produced by the club.
1.3 **Members** Anyone who has applied to and has been accepted by the club to use its facilities in accordance with club rules.
1.4 **Guest(s)** Any person(s) visiting the club under the conditions set out in section B.
1.5 **Children** Anyone under the age of 16 years of age.

2. THE CLUB & THE RULES

2.1 The club is operated with the aim of providing a safe and efficient leisure facility for members and guests. The staff on duty are responsible for the enforcement of all the club rules whilst members/guests are using the club. A copy of the club rules is available at reception. It is the member's responsibility to be aware of the current club rules and adhere to any requests made by the staff on duty relating to the club rules. Each member and their guest(s) have a duty to read and understand the club rules fully. By accepting membership to the club, members and guests agree to abide by the rules of the club.

3. HOURS OF OPERATION

- 3.1 The club will operate at the following times:
Monday - Friday 6.30am-9.30pm (last entry 9pm)
Saturday & Sunday 8.00am-8.00pm (last entry 7.30pm)
3.2 Hours may vary over the Christmas and New Year period. Prior notice of these hours will be displayed in advance.

4. MEMBERSHIP CATEGORIES

4.1 GOLD MEMBERSHIP

There are no restrictions on this membership.

4.2 SILVER MEMBERSHIP

This is an off peak membership. Members are allowed access between 9am and 4.30pm, should members wish to access the club out with these hours then the appropriate fee will be charged.

4.3 GROUP FITNESS MEMBERSHIP

This category allows a member access to any of the classes, excluding Aqua, on the current studio timetable. Members must be aged 16 years and over. (All of the above categories are subject to availability).

Adult Anyone over the age of 16 not in full time education.

Couple 2 Persons residing at the same address.

Family Maximum of 4 persons, 2 adults & 2 Children but additional children may be added.

Child Anyone under the age of 16 years.

Student Anyone in full time education. Student identification must be produced and will be requested at the beginning of each renewal period.

Senior Citizen Anyone aged 65 years and over as from 1.1.01

Single Parent 1 adult and up to 2 children

4.4 GROUP FITNESS ONLY MEMBERSHIP

This category allows a member access to any of the classes on the current studio timetable. Members must be aged 16 years and over (all of the above categories are subject to availability.) Management reserve the right to cancel or amend classes and timetables without prior notice.

5. MEMBERSHIP FEES

Membership fees are payable either monthly or annually. Monthly direct debits are payable to Seagull Leisure Ltd. Annual members will be required to join and remain in the same category for a minimum of 12 months, after which they resign or change their category. This is on the condition that one full calendar months notice is given in writing to the club management.

5.2 Monthly subscriptions are operated via a direct debit system. The initial payment to the club will be offered on a pro-rata basis, depending on the date the member wishes to join. Thereafter payment will be claimed from the given bank account on the 1st day of each month, dependant on bank holidays/weekends. Members are entitled to request to change their category (subject to availability) all requests to change category must be made in writing giving one months notice,

5.3 Any member who's direct debit is rejected and payment has not been made before the next instalment will have his/her membership suspended until payment is made.

5.4 All membership fees will be subject to review on an annual basis.

5.5 All membership fees paid to the club belong to the club. Any refund of unexpired membership fees are at the discretion of the company and are not normally considered.

6. TERMINATION OF MEMBERSHIP

6.1 termination of membership and advise of cancellation of direct debit require **one full calendar months notice** and should be made in writing, to the club manager.

6.2 Membership of The Quay expires only on cancellation of the direct debit instruction.

6.3 Termination by the club, The Quay reserves the right to terminate the membership of any member who:

- Misuse the facilities and disregards the safety guidelines
- Constitutes a safety hazard
- Interferes with the enjoyment of other members.

7. YOUR MEMBERSHIP CARD

7.1 On joining the club you will be issued with a valid membership card. This card must be produced on each visit to the club.

7.2 The membership cards are not transferable and are only valid for the person to whom they are issued. Membership cannot be transferred to any other person. As such, you cannot allow your card to be used by any other person.

7.3 The membership card is the property of The Quay2Health and in the event of termination will be returnable upon demand.

7.4 A charge of £2.50 may be incurred for the loss or replacement of a membership card.

7.5 In the interest of security upon joining it will be essential to accommodate our staff by allowing them to take your picture to be stored on our membership system. This ensures that, in the event of loss of theft, no other person can use your card.

8. GUESTS

8.1 Members may sign in a guest to use the clubs facilities. Each member is entitled to 4 free guests per membership year, thereafter the appropriate guest will be charged for adults and children respectively. All guests must be accompanied by a member.

8.2 Guest entry may be refused at peak times.

8.3 All guests are subject to the same rules and regulations as the member; it is the responsibility of the accompanying member to ensure the guest (s) adheres to the clubs rules.

9. FREEZING MEMBERSHIP

9.1 Memberships may be frozen for a minimum of 3 months to a maximum period of 6 months. Requests to freeze a membership can only be made once within a 12 month period.

9.2 Any requests to freeze a membership must be made in writing to the club giving one full calendar months notice. A frozen notice can only be applied from the 1st of the month.

9.3 In the event you do freeze your membership you will be charged a monthly administration fee.

9.4 The club reserves the right to refuse any request to freeze a membership where they think necessary.

10. CHILDREN

10.1 No children under 16 years of age are allowed in the club on their own and are the responsibility of their parent or guardian whilst using the facilities.

10.2 For safety reasons, all adults bringing a child into the club must ensure that the child is properly supervised at all times in all areas of the club.

10.3 Where indicated by club management, children may participate in certain programs, classes and activities without parental/guardian supervision.

10.4 Children who are not toilet trained must, for hygiene reasons, wear waterproof nappies which can be purchased at reception.

10.5 All children must vacate the premises by 7.30pm.

10.6 No children under 16 are permitted to use the gym or classes, except where organised and approved by the club.

11. CHANGING AREAS

12.1 A £1 returnable coin is required to operate lockers. The club is not responsible for the supply of this deposit.

12.2 Lockers are provided for members and guests only.

12.3 Lockers are for use during club opening hours. Any item left in the changing areas or lockers will be held at reception for no longer than 1 month, after which time they will be donated to charity.

12. LIABILITY

12.1 Members and guests, whilst using the clubs facilities are personally responsible for ensuring that their state of health and physical condition is such as to involve any risk to themselves or other persons.

12.2 The Quay accepts no liability for accident or injury unless professional incompetence has been proven. Members and guests are responsible for making their own insurance arrangements in respect of injuries suffered by them or caused by third party.

12.3 The Quay accepts no liability or responsibility for loss or damage to property belonging to members or guests. In particular no responsibility can be accepted for loss or theft of valuables on The Quay's premises.

12.4 All members are asked to report all accidents and thefts to the reception staff immediately.

13. MAINTENANCE OF CLUB FACILITIES

13.1 The management has the right to close down any area and/or facility of the club which is required to be maintained, repaired or for reason of safety. The aim is to cause minimum disruption and signs will be displayed when facilities are non-operational.

13.2 In the event of such closure the refund/reduction of fees are not considered.

14. CONDUCT/BEHAVIOUR

14.1 Members and guests must not smoke in any part of the club.

14.2 Members and guests must not bring alcohol or any other mood altering substances into the club.

14.3 Members and guests must not use the facilities whilst under the influence of alcohol or any mood altering substances.

14.4 Members and guests must not cause wilful, negligent or deliberate damage to any club facilities or property will be liable for the cost of repair.

14.5 Members and guests must not behave in a disorderly, abusive or violent manner which is likely to cause offence to any other member and/or their guests or the club's staff.

14.6 Members and guests must obey notices and signs displayed throughout the club. It is your responsibility to read any information displayed on the noticeboards or in any other area of the club.

14.7 Members and guests must wear appropriate dress/clothing recommended for the use of each clubs facility.

14.8 Fire bells are tested on a regular basis. Should the fire bells sound then you are requested to evacuate, we stress that members and guests must follow the staff instructions on evacuation procedures. Failure to comply with these procedures will be treated as a breach of safety guidelines (see section 6.3)

14.9 No glass objects are permitted anywhere in the club.

14.10 Do not leave any valuables anywhere in the club.

14.11 Management for the club reserve the right to refuse admission or ask you or your guests to leave the club if they reasonably believe that you or your guest have not complied with any of the guidelines laid out in section 13.

15. COACHING/INSTRUCTION

15.1 All coaching instruction is arranged by the club for all its members and guests. All coaching is arranged with the clubs knowledge and consent.

15.2 No outside individual, professional or organisation shall be permitted to provide any service without prior written permission from the management.

ALL MEMBERS ARE RESPONSIBLE FOR PROVIDING THE CLUB WITH THEIR UP-TO-DATE HEALTH AND PERSONAL CONTACT DETAILS.