

This Open Access Gym Use Policy establishes the terms, conditions, and safety protocols for utilizing the unsupervised gym space at Fit Studio during designated Open Access hours.

This policy applies to all individuals (clients and their guests) accessing the facility during these scheduled times. By booking and entering the gym during an Open Access session, the client agrees to these terms, acknowledging that the session is for self-directed, unsupervised training.

1. Supervision and Guidance

1.1. Staff Presence: A trained member of staff will be on the premises while you are using the facility.

1.2. Role of Staff: The on-site staff member is primarily present for safety, emergency response, and general facility oversight. They are not obligated to provide individualized coaching, instruction, spotting, or program design.

1.3. Consultation Requirement: New clients must complete a basic orientation or consultation session prior to their first visit to ensure familiarity with safety protocols and basic equipment handling.

2. Booking and Access

2.1. Booking: Access times must be strictly booked in advance via the facility's scheduling system and are subject to the limited capacity set for Open Access hours.

2.2. Time Management: The client must adhere strictly to their booked time slot and vacate the equipment promptly at the end of their session to respect the schedule of other clients or classes.

3. Safety and Conduct

3.1. Assumption of Risk & Self-Monitoring: The client acknowledges the inherent risks of physical activity. The client must exercise within their known physical limits and medical risks and must work to their current fitness level. While staff is present for supervision, the client retains personal responsibility for choosing appropriate exercises and using equipment correctly.

3.2. Health Notification: Clients must inform the supervising staff member of any new injuries, changes in health, or physical discomfort before starting their workout.

3.3. Equipment Use and Reporting: * The client must operate all equipment safely and according to established protocols. * Any equipment damage, fault, or safety concern must be reported to the on-site staff member immediately.

3.4. Mandatory Attire: Appropriate athletic attire must be worn at all times.

3.5. **Cleanliness:** All equipment used must be thoroughly wiped down using the provided cleaning supplies and returned to its correct storage location before the end of the session.

4. Prohibited Equipment Use

4.1. **Reformer Exclusion:** Use of the Reformer machines and any other specialized Pilates apparatus is strictly prohibited during Open Access hours. These machines are reserved for scheduled private and group classes only.

5. Code of Conduct

5.1. **Strictly Personal Use:** Open Access is for the client's personal fitness activities only. Coaching, instructing, or personal training of other individuals (paid) is strictly prohibited.

5.2. **Guests and Occupancy:** Clients are allowed to bring up to three (3) guests to the session, for a maximum of four (4) people using the area at once (Client + 3 Guests). The primary client is responsible for ensuring all guests adhere to every term of this policy. 5.3. **Staff Instruction:** Clients must follow all safety and equipment-related instructions given by the on-site staff member. Failure to comply by the client or their guests may result in the termination of the access session without refund.

6. Liability and Acknowledgement

6.1. **Indemnification:** The client agrees to indemnify and hold the facility owner and staff harmless from any claims, demands, or liabilities arising from the use of the premises by the client or their guests, provided that the facility has not been negligent in its duty of care.

6.2. **Agreement:** By booking an Open Access session, the client confirms they have read, understood, and agree to abide by all the terms and conditions outlined above and assume responsibility for the conduct and safety of their guests.