



## Your Membership Responsibilities

### Inductions:

Active Leicester advises you to complete a Gym Induction\* before using any of our fitness equipment. The Gym Induction process will help you to familiarise yourself with the equipment across each of our centres. The Gym Induction itself will be guided by one of our qualified Fitness Team members, who will also be able to provide you with tailored information to suit your needs.

If you **do not** undertake a Gym Induction, **it is at your own risk** and by purchasing a membership and utilising any of the Active Leicester Gym's you agree that you understand this risk.

If you do initially waive the Gym Induction you are welcome to book a Gym Induction at a later date depending upon availability.

**It is your responsibility to book and undertake an induction or it is assumed that you have waived your need to do so.**

*\*For Prepaid or Direct Debit membership the Gym Induction is free.*

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### Health Commitment Statement:

You are responsible for your own health. There are risks associated with exercise and you should never go beyond your abilities. If you have any doubts about your health, fitness or any related medical conditions you should consult a relevant medical professional before partaking in any activities across the Active Leicester facilities.

By purchasing a membership and utilising any of the Active Leicester facilities you agree that you understand the potential risks involved with exercise, and that you do not have any health conditions that may prevent or adversely affect your participation in any of the associated activities involved. You agree that if your health status changes you will seek guidance and clearance from a relevant medical professional prior to resuming activities with Active Leicester.

**It is your responsibility to inform of us of any relevant concerns or changes regarding your health.**