

Gunnedah Health & Fitness



Group Fitness Membership Terms

Group Fitness Contracts

- **Group Fitness Contracts** mean that you are locked in and committed for twelve months for the designated number of sessions you select per week. The passes are available each week, for that week only.
- The contracts are offered at a discounted rate as a reward for your 12-month commitment. ***We believe this is the best option to ensure you commit regularly to your exercise routine.***
- You can freeze up to four weeks per year ***if you are away on holidays*** and if you give 14 days' notice in writing via email (or at the trainer's discretion). Minimum freeze period is 1 week in line with your billing cycle. Cost of \$5/freeze for the admin cost. "Year" is in any rolling 12 month period.
- Any break of the contract other than at your renewal date, attracts a \$150 penalty. Two weeks notice must be given in writing to break the contract.
- You can "upgrade" your number of sessions without a penalty during the term of the contract. You can also change the number of sessions per week to add on 24/7.

Flexi Monthly Contract for Shift Workers

- **Flexi Monthly Contracts** mean that you can use your 10 passes in any week or day of that calendar month (so if you pay on the 10th of the month, you have until the 9th of the following month to do your 10 sessions). For example, you can do 5 every second week and then none the weeks in between.
- The contracts are offered at a discounted rate for people that want to come regularly but don't work regular hours (or their partner doesn't, which affects their ability to attend regularly). ***This paired with a 24/7 contract is our most popular membership type.***
- There is no freeze on these contracts and no exit penalty. Two week's notice is required in writing to terminate the contract.

A note re Group Fitness Bookings:

We ask that you cancel out if you aren't coming. If you don't cancel out, it is considered a "late cancel" and counts as a session. The reasoning behind this is that you have taken a spot in the session that somebody else could have taken (and paid for). However, if a last minute emergency happens, send us a message and we'll credit the session back to you.

If you attend/book more sessions than are covered by your membership, you will be charged for the extra sessions at the end of the week, with a 25% member discount on the casual rate. If you waitlist for a class, you should be notified by MINDBODY if you get a spot, but we always recommend people check their app schedule. Once you get in, off a waitlist, it is then

taken as a booking, so make sure to cancel off the waitlist if you decide you no longer want a spot.

BENEFITS OF GHFC MEMBERSHIPS:

- Priority booking for all sessions (pay weekly/monthly but book a year in advance)
- 5% Members discounts on all retail product purchases (code: MEMPRO)
- 25% Members discount on any additional sessions attended (code: MEM25)
- 25% Members discount off our Recovery Room Services
- Family discounts are available
- Access to our Member's Facebook Group And Recipe Drive and all the posts/info that goes with it
- Discount on all our Challenges
- 10% discount at Reverence Cafe on all food and drinks
- If you go away for a week or more and choose not to freeze your membership, you get access to our online (Trainerize) app which now has over 100 programs, including live workouts that you follow along to (like a class). If you are going somewhere with a commercial gym, we can give you access to the gym bundle of programs. Otherwise we'll give you access to the "do anywhere" programs.
- If for unforeseen reasons we need to shut for a day or two, everyone will be given access to the GHFC training App.