



CLICKIMIN GYM

FAQS

1. Do I need to do another Induction?

For current customers who hold an induction to Apex & Aspire it's not mandatory to have an induction to the new Gym but it is recommended.

We will always offer inductions or 'Welcome Sessions' for all new members who need one or want one. All new members who have never used a gym or have never used our type of equipment will need to book an hour long Welcome Session detailed below.

Experienced gym users can opt-out of taking Welcome Session if they feel they don't need it but will have to undertake a Welcome Tour prior to using the Gym.

Welcome Tour – 15mins (Regular gym user) Complete Health Commitment Statement, shown briefly the equipment, screens, adjustments to machines and HALO setup = FREE

Welcome Session – 60mins (New to gym environment) Full welcome, complete Health Commitment Statement, shown equipment set-up adjustments to machines, screens, techniques, technology and HALO setup = £8.55

2. What are the opening times of the new Gym?

The new Gym opening times are as follows with effect from Monday 18 February:

Monday to Friday 0700 - 2230

Saturday & Sunday 0830 -2030

3. Can we still use Apex & Aspire when the new Gym opens?

No, both these will close as of Monday 18 February. Our studio classes such as FuncFit Circuits, Strong Warriors & Warrior Circuits classes will continue as normal in Aspire as per the timetable.

Apex is being converted into a new cycle studio which we aim to have operational by April 2019

4. What do I need to book and enter the Gym?

You can book your Gym Session at reception, online and via the self-serve kiosk at the reception desk.

The Gym door will be controlled by magnetic lock so to enter you are required to have a booking and to check in using one of either your smart card, RFID wrist band, RFID key fob or RFID sticker.

The current SRT smartcard will work the access control but you can also add a band, key fob or sticker to your account for only £3.00 per item. You cannot enter the gym without scanning one of these, no exceptions!

Please speak to our team if you require to add a smartcard or RFID option to your account.

5. Is there any changes to price or duration of sessions

No, the prices for the Gym Session remains the same £6.50 Standard / £4.90 Concession and the session is still 60mins in duration

6. Where are the changing areas and toilets

There are no new changing or toilet facilities within the new reception or gym area so arrangements are as per previous arrangements. The nearest toilets are in the dryside facility.

7. Will regular Junior Gym users have to do a another Junior Induction

Any of our current Junior Gym customers will be given a Welcome Tour to ensure the safety of our younger gym users.

New Junior Gym customers will book into the junior gym sessions as per previous arrangements. Please contact reception for details.

Any new customer aged 16-17 years old must complete a 1 hour Welcome Session which is bookable at reception before use.

8. Is there somewhere in the gym for me to leave a bag/coat/outerwear within the Gym and Reception Area?

No. To keep the gym and reception space tidy, functional and free from tripping hazards there is lockers provided in the changing areas which accept 20 pence and this is refundable.