

Casual Gym User

This category is available to customers aged 12+ (proof of age may be requested on your first visit – please bring ID)

As a casual user you will receive a 'Next Steps' Email within 24 hours of joining – you will NOT be able to book your first session until you receive this email.

Once you receive the Email you can book your gym session – you must watch the online Induction which you will find on the health questionnaire.

Instructions on registering for online booking and how to book will also be on the Email.

Payment will be required at the time of booking. You will receive an Email confirmation of the booking or you can log in to your account and go to 'My Bookings'.

As a casual gym user you can book 6 days in advance

If you need to change the booking you will need to contact the centre you have booked at.