

Joining the Gym

5. Gym memberships



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Gym Memberships



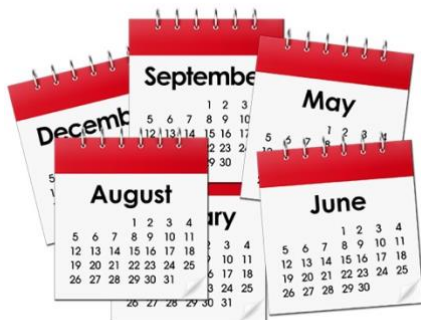
When you find a gym you like, you will need to buy a membership.



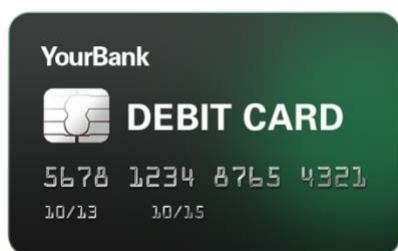
A gym membership lets you use the gym equipment and the classes.

Every gym has different types of memberships.

Types of Memberships



Pre-paid Memberships. You pay the full amount of the membership when you join. It might be 3, 6 or 12 months.



Ongoing Memberships. You pay one month at a time by direct debit. You keep paying each month until you choose to cancel.



You need to write to the gym if you want to cancel.



Your membership will only work at the gym you joined, unless the gym is part of a chain.



A chain means the gym company owns more than one gym. If so, you may be allowed to choose to go to one of their other gyms.



When you buy a membership, there will be paperwork to fill out called a contract.



A contract says all the things you agree to

- paying money for your membership
- following the rules of the gym



If you agree to the contract, you will be asked to sign your name.

You should ask someone you know to look at the contract with you before you sign it.

You can take it home and think about it before you sign.

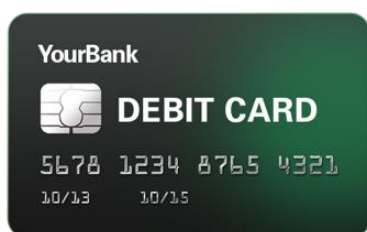
Questions to ask about your membership



What does a membership cost?

Is there a joining fee?

How do you take the money for my membership?



Can I pay with cash or card?



What types of memberships are there?



What things can I do in the gym with my membership?



What happens if I am sick or on holiday?



Can my friend or support person come with me?



Do you accept companion cards?

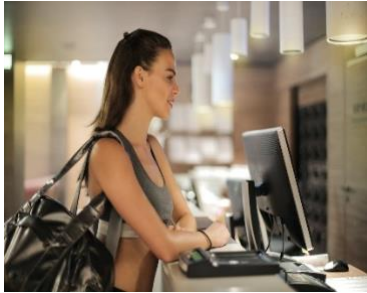


Do I have to pay if I don't want to go to the gym anymore?

How do I stop my membership?

Is there a fee when I cancel my membership?

Things to remember



Check if you can try the gym for free before you join to see if you like it.



When you join a gym, you must pay your membership money even when you don't go.



If you are injured or sick, you can get a letter from your doctor to give to the gym.

The gym will put your membership on hold.



The membership contract will tell you the notice period to cancel.

This means you might need to pay for the next 30 days after you cancel.



You can ask someone to help you understand the membership contract before you sign your name.