

TERMS & CONDITIONS

DA LYFSTYLE FITNESS – Indrapuram, Ghaziabad
GST: 09AA0FD5745M1ZQ

1. Membership Policy

- 1.1 All memberships are non-refundable and non-transferable under any circumstances.
- 1.2 Membership validity begins from the date of activation.
- 1.3 The gym reserves the right to refuse or terminate membership for misconduct, violation of rules, or non-payment.

2. Freeze Policy

- 2.1 Membership freeze is allowed for a maximum of one (1) month only.
- 2.2 Freeze is chargeable and must be requested in advance.
- 2.3 Retroactive freeze requests will not be accepted.
- 2.4 Only one freeze request per membership cycle is allowed.

3. Trial Policy

- 3.1 Trial sessions are paid.
- 3.2 Trial fee is non-refundable and non-adjustable unless explicitly approved by management.

4. Personal Training & Injury Disclaimer

- 4.1 Physical exercise involves inherent risks including muscle injury, sprains, fractures, or cardiovascular complications.
- 4.2 Members training without supervision acknowledge full responsibility for their safety.
- 4.3 If supervised by a personal trainer, guidance will be provided; however, participation remains voluntary and risks are acknowledged.
- 4.4 The gym is not liable for injuries arising from improper equipment use, failure to follow instructions, or undisclosed medical conditions.

5. Medical Declaration

- 5.1 Members confirm they are physically fit to engage in exercise activities.
- 5.2 Members with medical conditions must consult a physician prior to joining.

6. Code of Conduct

- 6.1 Members must maintain discipline, use equipment properly, avoid misuse or damage, and respect staff and other members.
- Violation may result in termination without refund.

7. Photography & Media

- 7.1 The gym may use photographs or videos taken within premises for promotional purposes unless written objection is submitted.

8. Payments

- 8.1 Membership fees must be paid in advance.
- 8.2 Delay in payment may result in suspension of access.
- 8.3 Prices are subject to revision without prior notice.

9. Jurisdiction

- 9.1 Any disputes shall fall under the jurisdiction of courts in Ghaziabad, Uttar Pradesh.

10. Agreement

By signing the membership form, the member confirms that they have read, understood, and agreed to all terms.

Terms and Conditions for Personal Training and Informed Consent.

A one month personal training includes 12 supervised sessions and 12 partially supervised sessions of 1 hour each, additional supervised sessions will be charged. Only 12 sessions in a month must be signed by the client and his/her personal fitness trainer on the PT agreement sheet after the session is over.

Missed sessions by the client will not be adjusted or extended. In case of a client's medical emergency maximum 4 supervised/partially supervised sessions will be adjusted after PT renewal. Apart of it sessions will be adjusted only if-

- Your personal trainer is absent**
- Gym Maintenance day**
- National holidays**

PT charges are non refundable in any circumstances.

If the Trainer leaves the gym in future or if the client wants to change his/her trainer, then gym management will refer another personal trainer to complete pending sessions

Dear Client, please read the below Consent.

During your exercise program, every effort will be made to assure your safety. However, as with any exercise program, there are risks, including increased heart stress and the chances of musculoskeletal & joint injuries depends on several factors such as an individual postural deviations, osteoporosis, age factor, instability, stress, equipment issues etc.

In volunteering for this program, you agree to assume responsibility for those risks and waive any possibility for damage of personal belongings.

Due to your scheduling conflicts, your physical considerations, a combination of supervised and unsupervised workouts are possible.

The whole fitness program includes Aerobic activities (treadmill, running, cycling, walking by rowing/elliptical group aerobic activities), strength training, exercise for mobility and flexibility and monthly variable Nutrition & supplementation. So you understand that it is your responsibility to inform your Personal trainer of any health problems injuries, pregnancy or recent pregnancies or any other health conditions that are relevant to your exercising.