**Terms and Conditions:**

**1.Subscription and Payments:** The subscription is valid until the expiration date specified in the invoice. Payment must be made by the due date. The subscription is active upon full payment. The number of classes included can be used until the expiration date indicated in  
the invoice.

**2. Liability:** The gym is not responsible for injuries, damages, or lost items. Users are responsible for their health during activities and for their belongings.

**3. Privacy:** Personal data is handled per GDPR. Data is used for membership management and not shared with third parties without consent.

**4. Facility Use:** Users must follow gym hours and staff instructions. Access to areas depends on membership type. Users must adhere to scheduled times for dropping weights. The list of rules is posted at the entrance door.

**5. Equipment Use:** Gym equipment must be used appropriately. Any damage caused by improper use will be charged to the responsible user. The list of rules is posted at the entrance door.

**6. Locker Use:** The use of lockers is limited to the time of your workout. Lockers must be emptied at the end of your session.

**7. Unlimited Membership Freeze:** The Unlimited membership can be frozen for up to two weeks, one time only. Additionally, the membership can be frozen for the duration specified in a medical certificate.

**8. Parental Authorization:** Children under 18 years old must have parental authorization to use the gym facilities and to participate in classes.

**9. Booking, Rescheduling, Cancellation, and No Show of Classes:**

* **Booking:** Classes can be booked up to one minute before the start time and up to 7 days in advance. For unlimited memberships, only one class/day can be joined.
* **Rescheduling and Cancellation:** Members may cancel or reschedule a class up to 12 hours before the scheduled start time without penalty.

**Within 12 hours, two options apply:**  
a) If the class is full and the member finds a confirmed replacement, no fee applies.  
b) If no replacement is found, a CHF 15 fee will be charged, but the class credit will be restored for future use.

**10. Class Punctuality:** Classes start promptly at the scheduled time. Members are expected to be ready before the class begins.

**11. Hygiene Recommendations:** Members are kindly reminded to maintain good personal hygiene, including being mindful of body odor, to ensure a pleasant and comfortable environment for everyone.

**12. Indoor Shoes Requirement:** For hygiene and safety, members must wear indoor-only shoes when training inside the gym

**13. Access to the Gym:** Access to the gym is permitted only to registered members, those with an active subscription, or individuals authorized by the management.

**14. Lost and Found:** The gym is not responsible for lost items. Items found in the gym will be kept for a maximum of 30 days before disposal.

**15. Contract Modifications:** The gym reserves the right to modify the terms and conditions of the contract. Members will be informed of any changes.

**16. Use of Devices During Classes:** The use of smartphones, cameras, or video recording devices is permitted during classes for recording workouts.

**17. Acceptance of Terms:** By paying this invoice, you agree to all the terms and conditions outlined above