

NO QUARTER BOXING GYM

Terms & Conditions

Address: 8 Saywell Street, Marrickville

By signing up to participate in our classes, you agree to be bound by our Terms and Conditions set out below (Terms and Conditions). If you do not agree with any of these Terms and Conditions, please do not participate in our classes. We reserve the right to change, update, or reissue these Terms and Conditions at any time. Any such changes will be posted via our website, social media accounts, or email, and you agree to be bound by such changes. References to "we", "us", and/or "our" in these Terms and Conditions refer to **No Quarter Boxing Gym**.

1. Medical Warning & Liability Waiver

- **Health Practitioner Consultation:** Prior to undertaking any new form of exercise, you should consult with your doctor or other healthcare practitioner to ensure that you are mindful of your current health and any restrictions that may be appropriate for you.
- **Pacing & Immediate Cessation:** When participating in our classes, do not overexert yourself and work at your own pace. Stop immediately if you feel pain or discomfort. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time.
- **Health Screening:** Upon entering No Quarter Boxing Gym for the first time, you must accurately complete our Health Screening Form. Once signed, you are bound to the health information you have provided. You must notify your instructor immediately if you have any pre-existing injuries or medical conditions that may impact your ability to safely perform gym exercises.
- **Limitation of Liability:** By undertaking any of our classes or utilizing any gym equipment, you acknowledge that you do so entirely at your own risk. To the full extent permitted by law, and subject to any non-excludable statutory guarantees under the *Australian Consumer Law*, the instructors, servants, and agents of No Quarter Boxing Gym will not be liable for any personal injury, loss, or liability incurred on the premises.

2. Age Restrictions & Minors

- **Minimum Age:** Members and participants must be a minimum of 16 years of age to participate in standard classes and use strength equipment.
- **Parental Consent:** Any participant under the age of 18 must have these Terms and Conditions and a separate liability waiver co-signed by a parent or legal guardian prior to participating in any activity.

3. Gym Rules, Behaviour & Termination

- **Code of Conduct:** All members must follow general gym etiquette, maintain clean gym attire, use a sweat towel, and show respect to staff and other participants.
- **Right of Refusal & Termination:** No Quarter Boxing Gym reserves the right to suspend or immediately terminate a membership or pass, without refund, if a member engages in dangerous behaviour, harassment, bullying, deliberate damage to equipment, or fails to comply with staff safety directions.

4. Pricing & Timetable

Our current pricing and timetables are displayed across our website, social media, and advertising materials. These schedules and prices can be modified at the discretion of No Quarter Boxing Gym management, provided a minimum of **2 months' notice** is given to active members.

5. Memberships, Payments & Cancellations

- **Cancellation Requests:** Memberships can be cancelled at any time. All cancellation requests must be submitted in writing via email to **memberships@noquarter.com.au**. The cancellation process officially begins once the email has been received and formally acknowledged by gym management.
- **Notice Period:** A **4-week standard termination notice period** applies following the confirmation of your cancellation request. Direct debit payments falling within this 4-week window will be charged as scheduled.
- **Failed Direct Debits:** It is the member's responsibility to ensure sufficient funds are available for scheduled billing. A rejected payment fee of \$15.00 may be applied to your account for any failed or bounced direct debit transactions.
- **Membership Suspension (Freezing):** Members may pause their membership due to illness, injury, or travel for a minimum of 2 weeks and a maximum of 8 weeks per calendar year. Suspension requests must be emailed 7 days in advance.

6. Personal Training & Cancellation Policy

- **Scheduling:** All appointments for personal training (PT) must be scheduled directly between No Quarter Boxing Gym management (or your assigned trainer) and the client.
- **Rescheduling:** We understand that circumstances change and will endeavour to accommodate rescheduling requests within the same calendar week if trainer availability allows.
- **Late Cancellation Fee:** If you must cancel or reschedule a session, you must contact management or your trainer via phone, text, or email (memberships@noquarter.com.au) at least **12 hours in advance**. Cancellations made with less than 12 hours' notice will incur a cancellation fee equivalent to the full session rate. For pre-paid PT packages, one session will be forfeited.
- **No-Show Policy:** If a client fails to appear for a scheduled PT appointment without notice, they will be charged the full session fee (or forfeit one pre-paid session).

7. 10-Visit Pass

- **Access:** Purchase of a 10-visit pass grants full access to scheduled gym classes and facilities for 10 individual sessions.
- **Bonus Visit & Expiry:** The pass does not expire, and the 11th visit is provided free of charge.
- **Refunds & Transfers:** The 10-visit pass is strictly non-refundable. It may be transferred to another individual, provided a formal request is made in writing to management and the recipient is a new or non-existing member of the gym.
- **Student Concessions:** To be eligible for student pricing options on passes or memberships, a current, valid Australian Student Identification card must be presented upon registration.

8. Public Holidays & Temporary Closures

No Quarter Boxing Gym reserves the right to close on public holidays, for seasonal breaks (such as Christmas/New Year periods), or for necessary facility maintenance. Timetable reductions or temporary closures for these events will be communicated in advance via social media and email, and do not entitle members to partial membership refunds.

This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes.