

THE ATLAS GYM

Terms & Conditions

Atlaseco Ltd — Trading as The Atlas Gym

Atlas Wellness Ltd - Trading as Atlas Wellness & Recovery Club

Registered Company: Atlaseco Ltd, Atlas Wellness Ltd, Atlas Helix Co. Ltd

Trading Name: The Atlas Gym, Atlas Wellness & Recovery Club

Location: Winchet Hill, Goudhurst, Cranbrook, Kent, TN17 1JY

Website: www.theatlasgym.co.uk

Effective Date: October 2026

These Terms & Conditions govern the use of The Atlas Gym, including gym memberships, recovery facilities, fitness classes, coaching, day passes, week passes and free trials.

By purchasing a membership or pass, registering for a free trial or using our facilities, you agree to comply with these terms and our applicable health and safety policies.

Please read these terms carefully before using our facilities.

1. GENERAL TERMS

1.1. The Atlas Gym is operated by Atlaseco Ltd & Atlas Wellness Ltd subsidiaries of Atlas helix Co. Ltd, referred to throughout these terms as "Atlas", "The Atlas Gym", "we", "us" or "our".

1.2. These Terms & Conditions apply to all members, guests, visitors and customers using our facilities or services.

1.3. All customers must register and provide accurate personal information before accessing our facilities.

1.4. Memberships, passes and free trials are personal, non-transferable and must not be shared.

1.5. All customers must comply with our facility rules, safety instructions and applicable participation declarations.

1.6. We reserve the right to make reasonable changes to our facilities, services and operating procedures, subject to applicable consumer rights.

1.7. Our facilities are staffed throughout advertised opening hours. Staff are available to offer assistance but do not provide continuous individual supervision.

2. MEMBERSHIP OPTIONS

Atlas offers three principal monthly membership packages.

2.1. Gym Membership — £44 per month

Includes:

- Unlimited gym access during advertised opening hours.
- Ladies That Lift classes.
- Barbell Club classes.
- Burn classes.
- Access to other fitness classes expressly included in the membership.

Classes require advance booking and are subject to availability.

Specialist classes introduced in the future may carry an additional charge.

2.2. Gym + Recovery Membership — £85 per month

Includes all Gym Membership benefits, plus access to:

- Outdoor sauna.
- Hot tub.
- Cold plunge.

Recovery access is unlimited during recovery opening hours, subject to availability, safe occupancy limits and our fair usage policy.

Individual recovery bookings are not required.

2.3. Atlas Club — £150 per month

Includes:

- Full gym access.
- Full recovery access.
- Up to five small-group coaching sessions per week.
- Structured training programmes.
- Ongoing coaching support.
- Priority access to coaching session bookings.

Atlas Club coaching sessions are limited to a maximum of five participants.

Sessions require advance booking and are subject to availability.

The membership provides access to up to five sessions per week but does not guarantee places at specific times.

2.4. Existing Atlas Club Members

Members retaining an existing £120 Atlas Club membership will continue to receive their previously agreed gym and coaching benefits.

Recovery access is not included in legacy £120 memberships.

Existing members may upgrade to the £150 package to include recovery.

2.5. Group Gym Memberships

Group discounts apply exclusively to standard Gym Memberships.

The following pricing applies:

- First adult: £44 per month.
- Each additional adult: £38 per month.
- Maximum of five adults per group.
- Eligible children aged 8–15: £22 per month when added to an adult Gym Membership.

Members aged 16 and over are charged at the applicable adult rate.

Group discounts do not currently apply to Gym + Recovery or Atlas Club memberships.

3. MEMBERSHIP PAYMENTS

3.1. Memberships operate on a rolling monthly basis.

3.2. Membership payments are collected automatically through our membership management system using the customer's registered payment method.

3.3. Memberships automatically renew each month unless cancelled.

3.4. Our standard monthly memberships do not have joining fees or fixed minimum membership terms.

3.5. Members must maintain valid payment details and ensure sufficient funds are available for membership payments.

3.6. Where a membership payment fails, Atlas may temporarily suspend access until the outstanding amount has been resolved.

3.7. All prices are displayed in pounds sterling and include applicable VAT.

3.8. Atlas will provide at least 30 days' notice of any proposed recurring membership price increase.

3.9. Members may cancel their membership before a price increase takes effect.

3.10. Existing promotional and legacy membership arrangements will be honoured according to their agreed terms unless lawfully varied.

4. MEMBERSHIP CANCELLATIONS

4.1. Members may cancel their membership at any time.

4.2. We ask members to provide at least 72 hours' notice before their next scheduled membership payment.

4.3. Cancellation requests may be submitted through our website contact form or directly to the Atlas team.

4.4. We will confirm receipt of the cancellation request and the effective cancellation date.

4.5. Where less than 72 hours' notice is provided, we will make reasonable efforts to stop the next payment. However, an imminent payment may already be processing.

4.6. Members will ordinarily retain access to their purchased facilities until the end of their paid membership period.

4.7. We do not charge membership cancellation fees.

4.8. Refunds for unused membership periods are not ordinarily provided following a standard cancellation, except where required by law or otherwise agreed.

4.9. These cancellation provisions do not affect any applicable statutory cancellation rights.

5. MEMBERSHIP FREEZES

5.1. Members may request to freeze their membership for up to three months within any rolling six-month period.

5.2. Freeze requests should be submitted before the intended freeze start date.

5.3. Membership freezes must be confirmed by Atlas before taking effect.

5.4. We will confirm the start date, end date and payment arrangements before implementing a freeze.

5.5. Any applicable freeze charge must be disclosed and agreed before the freeze is applied.

5.6. Membership access is suspended throughout an agreed freeze unless otherwise authorised.

5.7. Membership payments and access will resume in accordance with the agreed freeze arrangements.

5.8. Members experiencing injury, illness or other circumstances preventing attendance should contact our team to discuss their options.

5.9. Nothing in this section limits a member's statutory rights.

6. MEMBERSHIP UPGRADES AND CHANGES

6.1. Members may request an upgrade to a higher membership tier at any time.

6.2. Upgrades may take effect immediately upon payment of the applicable difference.

6.3. Existing Atlas Club members may upgrade to the £150 membership to include recovery access.

6.4. Members requesting to move to a lower-priced membership will be informed of the applicable billing arrangements before the change is processed.

6.5. Membership changes remain subject to the availability and eligibility requirements of the selected package.

7. DAY AND WEEK PASSES

Atlas offers temporary access for customers who do not wish to purchase a monthly membership.

7.1. Available Passes

Pass	Price
Gym Day Pass	£10
Gym Week Pass	£20
Gym + Recovery Day Pass	£15
Gym + Recovery Week Pass	Price displayed at checkout

7.2. Pass Conditions

7.2.1. Day passes are valid for the calendar day stated at purchase.

7.2.2. Week passes provide access for seven consecutive days, beginning on the specified activation date.

7.2.3. Passes automatically expire at the end of their validity period.

7.2.4. Passes do not automatically renew or convert into monthly memberships.

7.2.5. General gym access does not require advance booking.

7.2.6. Eligible fitness classes require advance booking and are subject to availability.

7.2.7. Recovery access is available only with a Gym + Recovery Pass and is restricted to customers aged 18 or over.

7.2.8. Recovery access is subject to opening hours, capacity and our fair usage policy.

7.2.9. Passes cannot be transferred, shared or extended except where agreed or required by law.

8. FREE TRIALS

Atlas offers two free one-day trial options.

8.1. Free Gym Trial

Includes:

- One day of gym access.
- Eligible regular fitness classes, subject to booking availability.

8.2. Free Gym + Recovery Trial

Includes:

- One day of gym access.
- Eligible regular fitness classes.
- Sauna.

- Hot tub.
- Cold plunge.

Recovery facilities are restricted to adults aged 18 or over.

8.3. Trial Conditions

8.3.1. Free trials are limited to one per person.

8.3.2. Customers may choose either a Free Gym Trial or Free Gym + Recovery Trial.

8.3.3. Former Atlas members who have not previously experienced our recovery facilities may be eligible for a Free Gym + Recovery Trial, even if they have used an older gym trial.

8.3.4. Free trials begin on the calendar day they are claimed.

8.3.5. Trials expire at the end of that calendar day, subject to the relevant facility opening hours.

8.3.6. Visitors may leave and return multiple times during their valid trial day.

8.3.7. Trial registration must be completed before entering the gym.

8.3.8. Free trials do not automatically convert into paid memberships.

8.3.9. Atlas may verify eligibility and decline duplicate or fraudulent registrations.

9. RECOVERY FACILITIES

9.1. General Access

9.1.1. Atlas Recovery consists of an outdoor sauna, hot tub and cold plunge.

9.1.2. Recovery facilities are exclusively available to customers aged 18 or over.

9.1.3. Customers must hold a valid Gym + Recovery membership, eligible Atlas Club membership or Gym + Recovery pass or trial.

9.1.4. Recovery operates on a walk-in, first-come, first-served basis.

9.1.5. Advance bookings are not required for normal recovery access.

9.1.6. Access is subject to advertised recovery opening hours, availability and safe occupancy limits.

9.2. Recovery Fair Usage Policy

9.2.1. Eligible members may use the recovery facilities multiple times per day, subject to availability and fair usage.

9.2.2. During busy periods, Atlas operates 30-minute access periods to ensure fair access for all users.

9.2.3. Where nobody is waiting, customers may remain longer, provided they follow facility-specific safety instructions.

9.2.4. The 30-minute access period is an overall access-management measure and does not represent a safe continuous exposure duration for the sauna, hot tub or cold plunge.

9.2.5. Customers must comply with all displayed safety limits and instructions concerning the duration and frequency of hot and cold exposure.

9.2.6. Atlas reserves the right to manage waiting times and limit access where necessary to protect health, safety and fair availability.

9.3. Recovery Hygiene

9.3.1. Customers must shower before using the hot tub or cold plunge.

9.3.2. Appropriate swimwear must be worn.

9.3.3. Customers must bring a towel and suitable non-slip footwear.

9.3.4. Atlas provides soap and shampoo but does not currently provide complimentary towels.

9.3.5. Customers must not use shared water facilities while experiencing symptoms of an infectious illness that could present a risk to others.

9.3.6. Customers must follow all hygiene instructions displayed within the recovery area.

9.4. Recovery Safety

9.4.1. Customers must follow the safety guidance displayed at each facility.

9.4.2. Customers must not touch sauna heaters, hot stones or other heated surfaces.

9.4.3. Jumping, diving, breath-holding challenges and unsafe behaviour are prohibited in the cold plunge.

9.4.4. Customers must leave a facility immediately if they experience dizziness, faintness, unusual breathlessness, chest discomfort or other concerning symptoms.

9.4.5. Customers with relevant health conditions should seek appropriate medical advice before using hot or cold recovery facilities.

9.4.6. Atlas may restrict access where there is a reasonable health or safety concern.

9.5. Closures

9.5.1. Recovery facilities may occasionally close for cleaning, maintenance, water treatment, private events, adverse weather or other operational requirements.

9.5.2. Atlas will endeavour to provide advance notice of planned closures.

9.5.3. Where closures materially affect the purchased service, applicable consumer rights and appropriate remedies will be respected.

10. FITNESS CLASSES AND COACHING

10.1. Regular fitness classes are included with standard Gym Memberships and other eligible packages.

10.2. Eligible day and week pass holders may also attend regular classes.

10.3. All classes and coaching sessions require advance booking.

10.4. Bookings are subject to availability.

10.5. Customers should cancel bookings they cannot attend as early as possible.

10.6. Late cancellation or non-attendance restrictions may apply where clearly communicated in advance.

10.7. Atlas Club coaching sessions have a maximum of five participants.

10.8. Atlas Club members may attend up to five coaching sessions per week, subject to booking availability.

10.9. Unused coaching sessions cannot ordinarily be carried forward unless otherwise agreed.

10.10. One-to-one personal training and online coaching are available separately and may be subject to additional terms and charges.

10.11. Coaches may adapt training activities where reasonably necessary for participant safety and suitability.

11. AGE RESTRICTIONS AND YOUNGER MEMBERS

11.1. Children Under Eight

Children under eight are not permitted to participate in gym activities or use exercise equipment.

An exception is made for babies accompanying a parent or guardian in accordance with our baby-friendly access policy.

11.2. Babies Accompanying Members

Babies may accompany a parent or guardian, subject to the following conditions:

- Babies must remain secured in a suitable car seat while accompanying an adult on the gym floor.
- Car seats must be positioned on the floor in a safe, staff-approved location.
- Car seats must remain away from free weights, exercise equipment, moving machinery, walkways and emergency exits.
- Babies must remain under direct parental or guardian supervision at all times.
- Babies must never be left unattended.
- Parents must follow the car seat manufacturer's safety instructions and respond promptly to their baby's needs.

- Car seats are not intended as prolonged sleeping spaces. Parents must follow relevant infant safety guidance.
- Gym staff do not provide childcare.
- Atlas may restrict access where reasonably necessary for safety.

Baby-friendly access may be restricted to designated periods communicated by Atlas.

Babies and children are not permitted in the recovery area.

11.3. Children Aged 8–15

Children aged 8–15 may train provided:

- They have a valid membership or pass.
- They are accompanied by a parent or guardian.
- Their parent or guardian remains present.
- They are actively supervised throughout their visit.
- They follow all equipment and safety restrictions.

11.4. Members Aged 16–17

Members aged 16–17 may train independently once appropriate parental or guardian consent has been provided.

Additional equipment restrictions may apply.

11.5. Recovery Age Restrictions

All recovery facilities are strictly restricted to adults aged 18 or over.

11.6. Parental Consent

All members under 18 must have appropriate parental or guardian consent recorded before using the gym.

Parents and guardians must comply with our Parental Consent & Participation Waiver.

12. HEALTH AND SAFETY

12.1. All customers must comply with applicable health and safety requirements.

12.2. Customers must use equipment appropriately and within their physical abilities.

12.3. Customers should seek appropriate medical advice if they have concerns about participating safely.

12.4. Customers must stop exercising or using recovery facilities if they feel unwell.

12.5. All accidents, injuries, hazards and equipment faults must be reported to staff.

12.6. Customers must comply with our Participation, Health & Risk Declaration.

12.7. Atlas may restrict activities or facility access where reasonably necessary to address a health or safety concern.

12.8. Customers must not attend or use facilities while intoxicated or impaired.

12.9. Fitness staff and coaches do not replace qualified healthcare professionals.

13. GYM CONDUCT AND ETIQUETTE

Customers must:

13.1. Treat staff and other visitors respectfully.

13.2. Wear appropriate clothing and footwear.

13.3. Use equipment safely and appropriately.

13.4. Return equipment and weights after use.

13.5. Maintain appropriate personal hygiene.

13.6. Follow reasonable staff instructions.

13.7. Respect the privacy and personal space of others.

13.8. Refrain from threatening, abusive, discriminatory, intimidating or dangerous behaviour.

13.9. Refrain from smoking or vaping inside the facilities.

13.10. Obtain appropriate permission before photographing or filming other people.

13.11. Avoid photography or filming in changing facilities and other designated private areas.

13.12. Atlas may suspend or terminate access where reasonably necessary due to serious misconduct, repeated breaches or significant safety concerns.

Any suspension or termination will be handled fairly, having regard to the circumstances and applicable consumer rights.

14. PERSONAL BELONGINGS AND PARKING

14.1. Lockers are provided for members and visitors.

14.2. Customers must bring their own padlock.

14.3. Customers are responsible for taking reasonable care to secure their belongings.

14.4. Free on-site parking is provided, subject to availability.

14.5. Vehicles must be parked responsibly in designated areas.

14.6. Nothing in these terms excludes our legal responsibility for loss or damage caused by a breach of our obligations.

15. ACCESSIBILITY

15.1. The Atlas Gym operates from an existing building with certain accessibility limitations.

15.2. Our current changing rooms, showers and toilets are not wheelchair accessible.

15.3. Customers with specific accessibility requirements are encouraged to contact us before visiting so we can explain the facilities and discuss any reasonable adjustments or assistance available.

15.4. Atlas will consider reasonable adjustments in accordance with applicable equality legislation.

16. FACILITY AVAILABILITY AND CLOSURES

16.1. Atlas aims to operate during its advertised opening hours.

16.2. Individual facilities may be temporarily unavailable due to maintenance, cleaning, equipment failure or safety requirements.

16.3. Recovery facilities may occasionally close for private events or organised activities.

16.4. Severe weather, road closures or circumstances outside our reasonable control may affect access or opening hours.

16.5. We will endeavour to provide reasonable advance notice of planned closures and significant operational changes.

16.6. Where we cannot provide a material part of a purchased service, customers retain any applicable rights to an appropriate remedy.

17. REFUNDS AND CONSUMER CANCELLATION RIGHTS

17.1. Membership Cancellations

Standard rolling monthly memberships may be cancelled under Section 4.

Unused portions of membership periods are not ordinarily refunded following a standard cancellation, except where required by law or otherwise agreed.

17.2. Day and Week Passes

Day and week passes are provided for the dates or validity periods specified at purchase.

Refunds are not ordinarily provided solely because a customer changes their plans or does not attend.

This does not affect statutory rights or remedies where Atlas fails to provide the purchased service.

17.3. Online Membership Purchases

Where applicable, customers purchasing memberships online have a statutory 14-day cancellation period.

If a customer expressly requests immediate access during that period, and later exercises a statutory cancellation right, a proportionate charge for services already provided may apply where legally permitted.

Any refunds required by law will be processed within the applicable statutory timescales.

17.4. Date-Specific Leisure Services

Some date-specific leisure services may be exempt from the standard statutory cooling-off provisions.

Where an exemption applies, this will be explained before purchase.

17.5. Statutory Rights

Nothing in these Terms & Conditions removes or restricts any statutory consumer rights.

18. LIABILITY AND ACKNOWLEDGEMENT OF RISK

18.1. Customers acknowledge that physical exercise, fitness classes, coaching and hot and cold recovery activities involve inherent risks.

18.2. Customers agree to take reasonable care of their own safety and the safety of others.

18.3. Customers must follow all applicable safety instructions.

18.4. Customers are required to accept the relevant Participation, Health & Risk Declaration before using our facilities.

18.5. Parents and guardians must also complete the appropriate Parental Consent & Participation Waiver for younger members.

18.6. Nothing in these Terms & Conditions excludes or limits the liability of Atlaseco Ltd for death or personal injury resulting from negligence.

18.7. Nothing in these terms excludes liability for fraud or any other liability that cannot lawfully be excluded.

18.8. Nothing in these terms restricts customers' statutory consumer rights.

19. DATA PROTECTION

19.1. Atlas collects and processes personal information for membership administration, payments, bookings, customer service and safety purposes.

19.2. Personal information will be handled in accordance with applicable UK data protection legislation.

19.3. Additional information is available in our Privacy Policy.

19.4. Customers are responsible for keeping their contact information up to date.

20. COMPLAINTS AND CUSTOMER SUPPORT

20.1. We aim to provide a welcoming, professional environment for all customers.

20.2. Customers wishing to raise a concern or complaint should contact the Atlas team through our website contact form or speak to management.

20.3. We will aim to investigate complaints fairly and respond within a reasonable period.

20.4. Customers retain all applicable statutory remedies and rights.

21. CHANGES TO THESE TERMS

21.1. Atlas may update these Terms & Conditions where reasonably necessary, including to reflect operational, legal or safety requirements.

21.2. Significant changes affecting existing memberships will be communicated in advance wherever reasonably possible.

21.3. Changes that materially affect a customer's contractual rights or purchased services will be handled in accordance with applicable consumer law.

21.4. The latest version of these terms will be available on our website.

22. GOVERNING LAW

22.1. These Terms & Conditions are governed by the laws of England and Wales, subject to any mandatory legal protections applicable to the customer.

22.2. Nothing in these terms removes any statutory right concerning where legal proceedings may be brought.

23. RELATED POLICIES AND DECLARATIONS

The following documents form part of Atlas's wider operating and safety framework, where applicable:

- **Participation, Health & Risk Declaration** — Covers gym activities, coaching, sauna, hot tub and cold plunge use.
- **Parental Consent & Participation Waiver** — Applies to gym users under 18.
- **Recovery Fair Usage & Safety Policy** — Explains recovery access, occupancy, hygiene and facility-specific safety requirements.
- **Privacy Policy** — Explains how personal information is collected, used and protected.

Customers must accept the applicable declarations and follow all displayed safety requirements.

24. ACCEPTANCE

24.1. By purchasing a membership or pass, claiming a trial or using our facilities, customers agree to comply with these Terms & Conditions.

24.2. Customers must complete any applicable declarations and consent requirements before participating.

24.3. Nothing in these Terms & Conditions excludes or restricts statutory legal rights.