



Goldstone FITNESS

- All Fitness Classes are FREE for members.
- You can book your space online by clicking the link below or logging into your account and clicking "Book Class". Bookings open at 9pm 3days in advance. E.g., to book a class for Monday, you can book from 9pm Friday.
- If you cannot attend a class, you can cancel your space online up to 2 hours before the class start time by logging into your account.
- When you scan your finger on entry this will mark you present for class.
- If you miss a class without cancelling you receive a "strike". If you get 3 strikes in a 30-day period, you get blocked from booking fitness classes for 7 days. Don't worry though, you can still attend the gym.
- If there are free spaces available in a fitness class you may still attend, we cannot guarantee you that space.
- If you are a beginner or have any medical conditions or injuries, we ask that you arrive a minimum of 10 mins early to inform your instructor and be given adaptations if needed.
- Please wear appropriate clothing (no loose pants for spin, no slip-on shoes etc...)
- We ask members to clean down their equipment after class and respect other participants.
- Most importantly we want you to enjoy your workout :)

BOOK A CLASS

