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**FREQUENTLY ASKED QUESTIONS**

**Who is eligible for TEENfit membership?**

Teenagers aged 13,14 and 15.

**What times can TEENfit members access the gym?**

TEENfit members are restricted to use of the gym at the following times:

* Monday to Friday (4pm to 5pm)
* Saturdays and Sundays (12noon to 4pm)
* School Holidays\* (12noon to 4pm)  *\*Easter, Summer, October and Christmas holidays*

**What fitness classes are available under a TEENfit membership?**

There are three TEENfit classes per week:

* TEEN TITANS - Wednesdays 3.30pm to 4pm
* BLITZ - Thursdays 3.30pm to 4pm
* SUSPENSION SQUAD - Fridays 3.30pm to 4pm

**What is the cost of a teen membership?**

The is a £10 joining fee and the monthly subscription is £12 per month paid by direct debit on or around the 3rd of every month.

**What is the TEENfit application process?**

* Application form requires to be completed by teenager’s parent/guardian.
* The application form includes specific consents from the parent/guardian in relation to the TEENfit membership including data protection, use of Mywellness App, health questionnaire and an undertaking that the teenager will adhere to the TEENfit Code of Conduct.
* The application form includes a direct debit instruction to be completed by the parent/guardian.

**What is the TEENfit induction process?**

TEENfit inductions will be carried out over 2 group sessions, with each group having no more than 6 people.

* **STAGE 1**

**Introduction to Resistance and Cardiovascular Machines**

**Saturdays 11am (duration 1 hour)**

During this session TEENfit members will learn how to use the resistance and cardiovascular machines. Our qualified instructors will provide hands-on demonstrations and guidance on proper usage, adjusting weights and settings, for each individual user.

* **STAGE 2**

**Free Weight Techniques and Safety**

**SUNDAYS 11am (duration 1 hour)**

In this session TEENfit members will be introduced to free weights and learn essential techniques for safe and effective weightlifting. Our experienced instructors will teach proper form, breathing techniques, and safety protocols for exercises such as squats, deadlifts, bench press and more.

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**FREQUENTLY ASKED QUESTIONS**

**What is the booking process for TEENfit members?**

TEENfit members will only be able use the gym by booking a session through their Technogym Mywellness app.

**As an existing parent fitness member, can my son/daughter TEENfit member accompany me to work out in the gym?**

Existing parent fitness members can train with their son/daughter TEENfit member during the restricted times permitted under the TEENfit membership terms.