

FAQ

Booking Studio Classes

Gymbox is famous for running the best and most creative studio timetable in the country. To guarantee your place on your favourite class we operate both an online and a telephone booking system. Members can book online upto a week in advance or call from 9.00am each morning to book into a class for that current day. All our current studio timetables are available to download from our website www.gymbox.co.uk.

Towel Hire

Towels can be hired at reception for £1 per towel or alternatively to make things easier why not upgrade your membership to a Towel Membership by increasing your monthly membership by an extra £10 and receive a complimentary bath towel on each visit.

Linked Membership

Why not experience all the Gymbox clubs and upgrade your membership to a Linked Membership. For just a small added fee per month you are able to use all the clubs in the Gymbox group. For more information please speak to reception.

Lockers

All Gymbox lockers require a padlock we advise that a combination lock is used as this means not having to carry a small key around while using the gym. Either supply your own padlock or alternatively purchase one from the Gymbox reception.

Hire a Permanent Locker

If you are tired of having to lug the old gym bag to work each day then Permanent lockers are available to hire (subject to availability) please speak to reception to find out how to hire.

Personal Training

All Gymbox VPT's (Very Personal Trainers) are the very best in the business and guarantee results. If you have problems achieving your exercise goals then Personal Training is definitely the recommended solution. If you have questions on how Personal Training can benefit you please feel free to speak to any Trainer directly or alternatively you can select a Personal Trainer from the profile board located on the gym floor.

Guest Passes

Non members can use Gymbox on a day pass for a cost of £20. All non-members will be asked for a valid form of Identity and to complete an exercise waiver form prior to using the gym. If a guest wants to use Gymbox on a frequent basis then it may be more cost effective to take out a membership please speak to reception for more information.

Freezing Your Membership

A membership can be frozen for periods of time if you are unable to use Gymbox. The minimum term we can freeze for is 1 month, instead of paying your normal monthly rates we reduce this to just a £20 holding fee whilst you are away. To freeze your membership we would require one calendar month's notice. Gymbox will freeze free of charge if a member is sick, injured or pregnant (medical proof may be asked for).

Cancellation of Membership

Your Gymbox membership can be cancelled by giving one calendar month's notice to the Gymbox reception. A cancellation form will be completed and each member will be given a copy to avoid any misunderstanding. All annual memberships cannot be cancelled within the first initial 12 months.

Please remember to follow us on Twitter, Facebook and Youtube for live news and update.