



Energy Fitness Membership Policy

- Your EF membership is like a gym membership - it is an ongoing subscription, billed weekly.
- You may pause your membership for a maximum of 8 weeks per calendar year. Any more than that will incur an increase in your fees of 20% for the remainder of the calendar year.
- Membership pauses are for extended travel and injury or illness, not for school holidays or long weekends etc.
- You can pause your membership for a minimum of 3 weeks per absence i.e. not over two week school holidays.
- If you choose to hold for 3 weeks but only require two weeks off training you may return and be charged a casual rate of \$25.00 per class that you attend (current members only).
- Energy Fitness closes down for a period of three weeks each Christmas, this is the only time we close down throughout the year. All memberships will be paused at this time and restarted automatically after this period ends. The same rules apply to pausing the membership at this time ie unless you are on an extended overseas trip or ill, your membership will recommence.
- The reason for this policy is to encourage consistency - casual attendance does not work. It's proven to reduce the effectiveness of your training and results.
- Energy Fitness may increase fees at any time and will give members prior notification before any increases are processed.

Why?

- We need to plan our schedule and instructors in advance based on our active membership numbers.
- We offer a very valuable product and great experienced staff to look after you.
- Our fees are very reasonable and competitive with you receiving unlimited classes including Pilates and Yoga - you can pay up to \$35 per class for a Yoga or Pilates class in the Shire.
- Therefore, in order to keep these fees low, this policy must be in place.

Cancellation of Membership

- You may cancel your membership at any time, there are no lock in contracts.
- We require a weeks' notice in writing to cancel your membership.
- Once we receive this you will be charged one final week.
- You can re-instate your membership at any time, our door is always open!

Policy Updated November 2025