**Gym**

**(Level 0 – 19th July)**

Doon Valley Leisure Centre
Hunter Fitness Suite
Loudoun Leisure Centre
Rose Reilly Sports Centre
William McIlvanney Leisure Centre

**As per government guidance, we ask that you wear a face covering when you are indoors and not taking part in exercise.**

**Bookings**Gym sessions can be booked 7 days in advance.
All Gym sessions must be pre-booked and paid for in advance.

**PHONE BOOKINGS
Contact the venue during opening hours.**

**BOOK ONLINE**
**If you answer YES to either question below you already have an account set up;

Question?** - Do you already use our Sports Facilities OR have you booked tickets online for a Palace Theatre Show \ East Ayrshire Leisure Event?

**Action** - Please enter you email address and password on the portal if you know it or click on RESET PASSWORD

**If you answer NO TO BOTH questions please complete the mandatory fields to register an account.**

**ONLINE BOOKING PORTAL LINK** [**https://ealtleisure.nslcrm.co.uk**](https://ealtleisure.nslcrm.co.uk)​

If you have any problems accessing the portal please email your issue to Bookings@eastayrshireleisure.com and a member of staff will respond to your query as soon as they are available.

**COST**Pay As You Go PricingGym Session - £4.80
Gym Session Juvenile - £3.70

**Included as part of your Active Plus, Active Lifestyle, Active Staff or Active Youth Membership**.

**Cancellation Policy**Members cancellations can be completed on the online booking portal.
All PAYG cancellations must be completed by contacting the venue.
If the class/booking is cancelled by East Ayrshire Leisure you will be contacted and offered a refund or the option to move to an alternative date.
If you wish to cancel your booking, it is nontransferable and nonrefundable.

**Gym Guidance**

* High risk touch points will be cleaned in-between every Gym Session.
* Shower areas now accessible.
* Gym slots MUST be pre-booked online or via the telephone. Anyone turning up without a prior booking will be turned away without exception.
* Gym equipment will be spaced out in the gym accordingly to allow for social distancing.
* Please ensure you clean the equipment before and after use, using the cleaning solution provided.
* Specified clean times will be allocated throughout the day to allow staff to deep clean these areas.
* No personal belongings such as sports bags, handbags will be permitted in the gym.
* Personal towel are now permitted or use appropriate solution and disposable paper towels provided.
* Please ensure you bring your own water bottle. There are no cups provided for water the cooler.
* Please ensure physical distancing is adhered to within the free weights area.
* Should you feel physical distancing is not being followed please inform a member of staff.

**COVID-19 Symptoms**

* We ask that if you develop any symptoms associated with COVID-19 prior to your session/class that you cancel.
* Should you develop any symptoms following your session/class you should follow the Scottish Government Test and Protect guidelines. <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-contact-tracing>.
* In line with Scottish Government recommendations if you have never booked with us before we will ask you for some basic personal details to set up a profile with us at the time of booking.
* Please note, should you be unable to attend a session/class due to self-isolating we can offer to move your booking to an alternative date.