



## CRUNCH FITNESS GYM REGISTRATION FORM

*CRUNCH FITNESS is designed to get you in your desirable body shape and fitness with our state of the arts user friendly machines and talented trainers all poised to help you keep fit and look great. Please note that the use of equipment is the responsibility of the members and they are also responsible for knowing their own physical limitations and capacity. Please see Terms & conditions.*

Name of Member;	
Address;	
Telephone	
Email Address;	
Age	
Occupation;	
Applicant's Sex;	Male <input type="checkbox"/> Female <input type="checkbox"/>
Have you used a gym at any time before?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Have you been on any fitness, work out and diet program before?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Was it successful ?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If not please tell us why or your observations;	
Please indicate your goal for registering; ( this is to help us assist you achieve it)	
What is your weight goal or desired cloth size?	
Your Present Weight in KG;	
Your Height in meters;	
Do you have any health conditions? Please specify;	



Name of person and Phone No. to contact in an emergency;			
Please indicate package plans			
	<b>SINGLE</b>	<b>COUPLE</b>	<b>FAMILY</b>
Walk- in			
Monthly			
3 months			
6 months			
Yearly			
Payment details	Debit Card / POS <input type="checkbox"/> Transfer <input type="checkbox"/> Monthly Debit <input type="checkbox"/> <b>Bank details :</b> Crunch Fitness Limited Account Number: 0734151817 Bank Name :GTB		
Declaration of applicant to agreement terms and condition;	Name:		
Signature of applicant;  (Acceptance of T&C.)			
Date:			



Crunch  
Fitness

For Official Use Only	
Membership Number Allotted;	
Type of Membership	
Date;	
Gym Staff Initials	



## **GYM MEMBERSHIP TERMS AND CONDITIONS.**

To ensure that Crunch Fitness is able to provide its members and staff a safe and calm atmosphere, kindly assist us by complying with the under listed terms and conditions. We advise you to only sign this Agreement if you understand and agree to abide with these conditions. The information outlined in these terms and conditions can and will be used in the event of a discrepancy.

Please note that all of the membership rules contained herein apply equally to members, temporary members and guests alike.

### **The Gym**

All reference to 'the gym' refers to **Crunch Fitness**, its staff, employees, sub-contractors, agents and representatives. Facilities refer to the gymnasium, showers, changing rooms and fitness studios where applicable.

Members of the club are bound, as a condition of membership, to comply with the rules set out below. This is to ensure that the facilities are properly and safely used and that all members have full advantage of them without interfering with the enjoyment of others.

### **Membership**

- All memberships are Non-Transferable & Non-Refundable.
- All members must be over 16 to avail of facilities and services provided at the Gym.
- The Gym is a private members club and the management reserve the right to refuse membership to any individual without cause. References may be required on a case by case basis and Fitness/Health checks will also be run on a case by case basis. Failure to pass this check will result in membership termination and the refusal of entry again.
- Membership may be renewed on payment of the prevailing fee and in accordance with the terms and conditions then in force.
- By joining the gym, members automatically accept and agree to be bound by these conditions of membership.
- The Gym may withdraw use of all or part of the gym for the purpose of undertaking maintenance work or any other work considered necessary for a maximum period of seven working days.



- All members must sign in for access to the gym on each visit to the gym.
- Entry will only be permitted to those with a valid membership, in date and in credit. If you have an amount due to be paid on your account you won't be able to enter the gym.
- As a member you agree to comply with the rules of the gym with regards to use of the facilities, opening hours and your conduct.
- The gym may make reasonable changes to these rules, from time to time, provided the gym gives advance notice of these changes.
- You may, at your own discretion and expense, obtain personal insurance for loss, injury or damage that you might sustain arising from use of the gym. You exercise at your own discretion and accept any injury or illness brought on by exercise is your own responsibility, The gym is not liable for any injury, harm or even death of member.
- Members wishing to report on accidents, incidents, or problems with services at the gym should contact the Duty Manager (simply ask at reception desk) or can email in confidence.
- In the event of a breach of membership rules and regulations the gym reserves the right of admission and may reserve the right to require any member or guest to leave the premises. Any member found in breach of rules or committing an illegal act, including theft, will be asked to permanently leave the gym and be barred from ever entering the gym again.

### Payments

- All payments is in advance selecting the Pay Monthly membership option, members will be required to **pay the registration fee** and the 1st month membership fee in advance.

### Lockers

- Lockers are provided for the use of members and guests.
- Locker keys will be provided at check in and returned daily. Lockers are not allowed to be used overnight. Members who do so are liable to find that the lockers are opened and locker contents removed. Removal of such items is strictly at the members own risk.
- In the interest of safety and security please use the lockers provided. The gym will have no liability for goods taken from the changing rooms or lockers.



### Opening Hours

- The gym reserves the right to vary the opening hours as considered necessary for the proper operation of the centre but will give advance notice, the gym is open every day from 6 am to 10 pm except on Sunday from 2pm to 7pm.

### Guests

- Guests of members are welcome to use the facilities & services of the gym, by purchasing a 1 day gym pass. There is no limit to the number of day passes a person can purchase/use.

### Safety & Hygiene

- Throughout the course of your membership with the gym, regular health and medical screening should be sought from your General Practitioner.
- Before using the fitness facilities, you should go through a basic introductory session with one of the fitness staff, followed by further sessions (as necessary) to ensure that you understand the equipment and adopt a safe training regime that suits your needs. The booking of this is your responsibility.
- It is necessary that all members and guests of the club wear appropriate, clean attire and foot wear when using the studio and gym.
- If you feel dizzy, faint, and unwell or feel any unusual pain then you must stop exercising and inform a member of staff immediately.



- Members cannot train in the club without a hand towel. In the interest of hygiene members must wipe down each piece of equipment after use.
- Gym users are advised to inform the instructor of any injuries, pains or concerns prior to the class starting.

-All of the membership rules contained herein apply equally to members, temporary members, guests to our clubs and visitors alike.-