



**Membership Payment Plan** .....

**Member no.** .....

**Membership duration** .....

**Name:** .....

**Surname:** .....

**Date of Birth:** .....

**Sex:** Male  Female  **ID no** .....

**Address:** .....

**Mobile:** ..... **Email:** .....

**Emergency Contact Name and Number:** .....

**How did you hear about Sky Spirit:** Friends/Family  Facebook  TV / Radio  Work  Other .....

| MEDICAL QUESTIONS   | YES | NO |
|---|-----|----|
| Are you allergic to any medication?<br>If yes, please list .....  |     |    |
| Do you suffer from low/ high blood pressure?  |     |    |
| Do you suffer from asthma?<br>If yes, please list any medication you are on .....   |     |    |
| Do you have, or have ever had, any heart diseases?<br>If yes, please name disease and year of diagnosis .....   |     |    |
| Have you broken or fractured any bones in the past two years?<br>Which bone? ..... Right <input type="checkbox"/> Left <input type="checkbox"/> Dates .....   |     |    |
| Have you ever injured your back? If yes, when? .....  |     |    |
| Do you have back pain? Seldom <input type="checkbox"/> Occasionally <input type="checkbox"/> Frequently <input type="checkbox"/> With strenuous exercise <input type="checkbox"/> With Heavy Lifting <input type="checkbox"/> |     |    |
| Have you ever had a neck injury involving bones, nerves or disks that disabled you for a week or longer?<br>If yes list injury and date .....   |     |    |
| Have you ever had knee surgery? What was done? And why .....  |     |    |
| Do you have a pin, screw or plate in your body? Where? ..... Dates .....  |     |    |
| Please list any other medical conditions we should be aware of (Ulcers, Pregnancy, Intolerances)<br>.....   |     |    |
| Name and contact number of your physician or surgeon .....  |     |    |

## TERMS AND CONDITIONS

All of the membership rules contained herein apply equally to members, temporary members and guest alike.

### The Gym

All references to the 'Gym' refers to Sky Spirit Fitness Lounge, its staff, employees, owners and representatives. Facilities refer to, the gym itself, the showers, changing rooms and fitness studios, where applicable.

Members are bound, as a condition of member, 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 other members.

### Membership

All memberships are **NON-TRANSFERRABLE & NON-REFUNDABLE**.

All members must be over 16 to avail themselves of the facilities and services provided at Sky Spirit Fitness Lounge.

Sky Spirit Fitness Lounge is a private members gym and the management reserves the right to refuse membership to any individual without giving any reason whatsoever. Memberships may be renewed on payment of the annual 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 restrict use of all or part of the gym's premises for the purpose of undertaking maintenance work or any other work considered necessary for a maximum period of seven working days without further notice.

On acceptance of an application for membership, the member will be issued with a membership dongle, against a deposit paid. Upon termination of membership this can be returned to the gym and the deposit will be refunded. All members must produce their membership dongle on each visit to the gym. Entry will not be permitted without a membership dongle. A charge is made for the replacement of lost membership dongle at reception.

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 responsible changes to these rules, from time to time, without prior notice or written notification.

Members wishing to report on accidents, incidents or problems with services at the gym should contact the Manager (simply ask at reception). In the event of a breach, of membership rules or regulations by a member, the gym reserves the right to refuse him/her entry into the gym and Management may also, at any time, ask any member or their guest to leave the premises, for any reason whatsoever.

### Bookings

Members are advised to book in advance at reception, by telephone or on-line for any fitness classes. Members must give at least 3 hours' notice in advance, if they are unable to attend any classes, failure of which, will entitle the management to charge in full any fee payable for any class or session cancelled. The gym and management may also at any point in time ask the members to book specific classes by different types of booking systems, according to which they understand is the best way for the gym.

### Freezing memberships

Freezing is only applicable on the 6 month or annual memberships and cannot exceed a 60 day period. Memberships bought on special offers or discounted rates cannot be frozen for any reason whatsoever.

Due to membership limitations the management's policy is that the freezing period will be given upon the renewal of the next annual membership. The freezing period is given only if the member produces sufficient proof that either he/she is unable to attend the gym because of health reasons, (a medical certificate will suffice) or upon presentation of evidence that the member is going to be abroad for work related purposes. The freezing fee differs accordingly at the gym's discretion.

### Lockers

Lockers are provided for the use of members. Lockers may not be used overnight. The gym is entitled to open any lockers and have all contents removed. Removal of such items is strictly at the member's own risk. Padilocks may be purchased at reception. In the interest of safety and security please use the lockers provided. The gym is not liable or responsible for any goods taken from the changing rooms, gym area, studios or lockers, or anything inside the gym.

### Opening Hours

The gym reserves the right to vary the opening hours as considered necessary

### Guests

Guests must complete the relevant guest registration form at reception, in full. The Personal Trainer shall at all times be responsible for the conduct of his/her guests whilst on the premises and shall ensure that such guests comply with the rules and conditions of the gym.

### Health, Safety & Hygiene

Before using the Gym's 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.

It is necessary that all members and guests of the gym wear appropriate clean attire and footwear when using the studio and gym. If you feel dizzy, faint, unwell or feel any unusual pain then you must stop exercising and inform a member of staff immediately.

**Members cannot train in the gym without a hand towel.**

In the interest of hygiene members must wipe down each piece of equipment after use. Studio users are advised to inform the instructor of any injuries, pains or concerns prior to the class starting.

## NOTICE TO CUSTOMER

You are entitled to a copy of this agreement at the time you sign it. Keep it to protect your legal rights. I certify that I have received a completed and signed copy of the membership agreement and of any other document which I have signed. This represents the entire agreement between myself and Sky Spirit Fitness Lounge. I further certify that I have read BOTH SIDES of this agreement. Including cancellation policy and rules, regulations and other policies prior to affixing my signature and will comply with the rules and regulations. Furthermore, I understand that I am responsible for the actions/dues of other family members on this application.

Applicant's Signature ..... Date .....

Guardian's Signature (if under 18) .....

## FOR OFFICE USE:

Application approved by: ..... Activation Date: .....