

The Gym @ Garlington

MEMBERSHIP CONTRACT

MEMBER INFORMATION:			
Surname			
First Name		Age	
I.D. number		D.O.B.	
Occupation		Sex	M F
Medical aid scheme		Medical Aid number	
Postal address:		Physical address:	
Postal code			
E-mail address			
Cell number			
Home phone number			
Work phone number			
PERSON TO CONTACT IN AN EMERGENCY:			
Surname			
First name			
Relationship to this person			
Cell Number			
Home phone number		Work phone number	
Doctor's name			
Doctor's contact number			
Member's signature: _____		Date: _____	

MEMBERSHIP FEES

ONCE OFF JOINING FEE

R 150

PAYMENT UPFRONT	12 MONTHS
STANDARD	R 2500 (R208pm)
PENSIONER	R 2250 (R187.50)

CONTRACT

12 MONTHS	
STANDARD	R 250 per month
PENSIONER	R200 per month

Standard	
Pensioner	
Amount paid	
<i>Payment method: monthly or upfront</i>	
<i>Payment options:</i>	
<i>Cash</i>	<i>Cheque #</i>
<i>Start date</i>	<i>End date</i>

EFT

RULES AND REGULATIONS

1. You must scan your membership ID card every time you enter the facility. If you do not have your ID card, or your membership has expired, you cannot work out. Access to the gym is for the registered card holder only. In the event that your ID card is lost there will be a replacement fee of R50.
2. Disrupting or interfering with the workout of another member is not allowed. Respect the rights of others by using courteous and appropriate behaviour. Use of cell phones inside the gym is prohibited.
3. Proper athletic attire must be worn when working out. Shirt and shoes must be worn at all times. Outdoor shoes are not permitted in the gym. Casual clothing is not allowed. No jeans, jean shorts or any article of clothing with zippers or rivets. No open-toed shoes open backed shoes, boots, sandals or casual shoes are allowed. Members must bring separate indoor footwear. Failure to dress properly will result in denial to workout. The GYM management reserve the right to determine what appropriate athletic attire is.
4. The gym management will determine the music selection on the gym's sound system. Personal headsets with personal stereos are allowed.
5. Except for capped water bottles, eating and drinking is prohibited. No glass bottles are allowed.
6. Slow down, clear and reset the cardio machines for the next member. At certain times when the gym is busy, please limit your workout to 20 minutes.
7. Observance of correct free weight etiquette is required at all times, and includes the following:
 - a) Collars are to be used at all times to secure weights on bars.
 - b) Weight plates/bars are not to be leaned against equipment standards, walls, mirrors, or machines.
 - c) Dumbbells and plates are not to be left on benches or other padded surfaces.
 - d) After utilizing equipment, strip bars and return plates and dumbbells to proper storage areas.
 - e) Bars should be replaced into the bar rack.
8. Dumbbells and weight plates must not be dropped on the floor for any reason.
9. No equipment is to be moved from its designated area and may not be taken out of the Fitness Centre.

10. It is the member's responsibility to follow all posted rules.
11. Individuals under the age of 16 are not permitted in the free weights section. Youth aged 13 and under must be accompanied by a participating parent/guardian.
12. Members must wipe off all cardio equipment, strength machines or free weight equipment immediately after use.
Please report all equipment malfunctions, personal injuries and specific questions, concerns or suggestions immediately to Reflex Gym management.
13. Gym membership carries with it the responsibility of appropriate conduct. Violation of any rules or other abusive or irresponsible behaviour may result in a suspension of gym membership.

Signature _____ Print Name _____ Date ____/____/____

LIABILITY WAIVER

THIS DOCUMENT DOES NOT REMOVE THE STATUTORY OBLIGATIONS OF REFLEX GYM NOR SEEK TO EXCLUDE LITIGATION FOR GROSS NEGLIGENCE. THE INTENT OF THIS DOCUMENT IS TO ENTER INTO AN AGREEMENT BETWEEN THE PARTICIPANT OR THEIR PARENT/GUARDIAN AND REFLEX GYM ACKNOWLEDGING THE RISKS ASSOCIATED WITH PARTICIPATION IN REFLEX GYM ACTIVITIES AND WHERE APPLICABLE, INCLUDES A VOLUNTARY ASSUMPTION OF RISK BY PARTICIPANTS, PARENTS AND LEGAL GUARDIANS.

PARTICIPANT CONSENT, WAIVER AND RELEASE FROM LIABILITY

I acknowledge that participating in activities sanctioned by Reflex Gym involves a risk of personal injury to me and damage to property belonging to others and me. I knowingly and voluntarily agree to the terms and conditions outlined in this Waiver and Release from Liability.

IN EXCHANGE FOR BEING PERMITTED TO PARTICIPATE IN REFLEX GYM PROGRAMS, I AGREE TO THE FOLLOWING:

- a) I am in good health, have no physical conditions that affect my ability to participate in any sanctioned activity conducted by Reflex Gym and have not been advised otherwise by a medical practitioner.
- b) I agree that I will immediately advise Reflex Gym if I observe any unsafe condition with grounds, facilities or equipment.
- c) I assume all risks associated with my participation including without limitation the risk of any negligence or recklessness by other participants. I understand that there may be risks involved which are not known to me or to Reflex Gym at this time or at the time of the activities in which I may participate, and agree to assume such unforeseeable risks.
- d) I agree to indemnify, defend and hold harmless Reflex Gym and their employees, agents and volunteers from and against any claims, causes of action, damage, judgements, liabilities, fees (including legal fees), costs and expenses incurred by Reflex Gym as a result of my unlawful actions or failure to act during any activity.

This Waiver is a legally binding agreement and will be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. Any provisions found to be unenforceable shall not affect the validity of enforceability of any other provisions, which may be modified by a court having jurisdiction.

The Gym will not reimburse members who are unable to sustain their full term of membership. Specific cases with external complications will be looked at case by case.

I have read this document and I understand that by signing below, I have given up substantial rights, I have voluntarily signed this release, without any duress or undue pressure from Reflex Gym.

Signature _____ Print Name _____ Date ____/____/____

Witness _____ Print Name _____ Date ____/____/____

PARENT/GUARDIAN SIGNATURE FOR MINORS (UNDER 18 YEARS OLD)

As a parent or guardian of a participant in a sanctioned activity of Reflex Gym, I agree to the terms and conditions contained this Agreement, and I assume responsibility for the actions or inaction of the participant

Signature _____ Print Name _____ Date ____/____/____

Witness _____ Print Name _____ Date ____/____/____