

REFLEX

...your gym at Garlington

MEMBERSHIP CONTRACT

MEMBER INFORMATION:				
Surname		Membership no.		
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				
E-mail address		Cell number		
Home phone number		Work phone number		
Doctor's name				
Doctor's contact number				
Member's signature: _____			Date: _____	
MEMBERSHIP DETAILS:				

	1 month	3 months	6 months	12 months
Standard				
Pensioner				
Student				
	1 term	2 terms	3 terms	4 terms
Scholar				
Amount paid		Receipt #		
<i>Payment options:</i>				
<i>Cash</i>		<i>Cheque #</i>		<i>Debit order</i>
Membership expiry date				

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 ____/____/____