



Inspire Use Only:
Card #: _____
INSP #: _____

Membership Details

Mr. Mrs. Ms.

First Name: Surname:

Male Female Birth date: /..... /.....

Mailing Address:

House Name/Number: Road/Street:

Town: County:

Post Code:

Telephone: (Home)..... (Mobile)

Email:

Emergency Contact Name: Emergency Contact Phone:

Tick 'No' if you do not consent to receiving information from Inspire To Train via email. No

(This may include special offers, updates, information and opportunities relating to Inspire To Train)

How did you hear about us?

Membership type	DD	UF	<input checked="" type="checkbox"/>		DD	UF	<input checked="" type="checkbox"/>
Off Peak (12pm-5pm, Mon-Fri)	£40	£400		Couples Full gym membership (2 adults)	£86	£860	
Full gym membership	£49	£490		Couples Full gym and class membership (2 adults)	£115	£1150	
Full gym and class membership	£65	£650		Student membership (full time education -25yo)	£35	£350	
				Family membership (2 adults 2 children)	£140	£1400	

DD = Direct Debit, monthly payment 12 month contract

UF = Upfront 12 month payment

MEMBERS DECLARATION & PAYMENT DETAILS

Before signing this document, I have read, understand and hereby agree to the terms and conditions of membership as defined below on this membership form and know that it affects my legal rights. I agree to pay the following:

The monthly DD membership fee of £

The 12 month upfront fee of £

Are you a member of the Gerrards Cross Community Association (GXCA)? Yes No

If no, an annual £20 payment per member/£35 per couple is due to the GXCA via Inspire To Train payable on commencement of membership. Existing GXCA members are exempt, please note that proof may be required.

If paying by DD, the payment will be withdrawn on the 1st or 15th of each calendar month. Membership expiration date (if applicable): 12 months from membership start date. After 12 months, the contract will renew unless otherwise instructed and will continue on a 1-month rolling contract. Note: If payment is declined or returned, there may be a fee applied to your account by the DD provider. A cancellation period of 1 calendar month is required to cancel your contract in writing and only applies to 1 month rolling contracts.

*****PLEASE COMPLETE READ & SIGN OVERLEAF*****

Total amount payable on acceptance and completion of membership form:

Upfront annual membership payment	£
Pro rata payment for DD only	£
GXCA registration (<i>if applicable</i>)	£
Total payable today	£

Pro rata calculation = monthly cost × 12 ÷ 365 × # of days remaining until the 1st/15th

Please fill in your bank details below, which hereby authorises Inspire Fitness Centre to debit the following account each month for the above membership:

Name (as it appears on the account)	
Account Number	
Sort Code	
Bank Name	

MEMBERSHIP TERMS & CONDITIONS – WAIVER & RELEASE

Acknowledgment of Risks, Injury & Obligations

I acknowledge this is physical activity and that by participating in it I am exposed to certain risks. I acknowledge and understand that whilst participating in such activity:

- There is a risk of injury and or illness as a result of physical activity.
- There is a risk of my property being lost / stolen or damaged.
- Other persons participating in such activity may cause me injury or may damage my property.
- The conditions in which the activity is conducted may vary without warning.
- I assume the risk of and responsibility for any injury, death or property damage resulting from my participation in the activity.

Administration

- Appropriate footwear and attire must be worn at all times while in the gym facility.
- Memberships are not refundable or transferable.
- Membership cards must be carried and shown upon request.
- Shared gym access with a non-member may result in forfeiture of membership.
- Each member must respect other gym users and behave in an appropriate manner at all times.
- Inspire Fitness Centre reserves the right to rescind the membership rights of members not complying with the terms and conditions of the membership.
- Anyone under the age of 16 must be accompanied by an adult at all times within the gym (unless authorised consent is given).

Release and Indemnity

I participate in the activity at my sole risk and responsibility. I release indemnity and hold harmless Inspire Fitness Centre, its owners, employees and partners, from and against all and any actions or claims which may be made by me or on my behalf or by other parties for/or in respect of or arising out of any injury, loss, damage or death caused to me or my property whether by negligence, breach of contract or in any way whatsoever.

If purchasing personal training sessions or a group class pass, I understand that the sessions and classes are non-refundable and non-transferable.

I have read and agree with all of the above stated in this document.

Signature: Date: / /



Your health is your responsibility. The management and staff of this organisation are dedicated to helping you take every opportunity to enjoy the facilities we offer. With this in mind, we have carefully considered what we can reasonably expect of each other.

Our commitment to you

- 1. We will respect your personal decisions and allow you to make your own decision about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.
- 2. We will make every reasonable effort to ensure that our equipment and facilities are in safe condition for you to use and enjoy.
- 3. We will take all reasonable steps to ensure that our staff is qualified to the fitness industry standards as set out by the Register of Exercise Professionals
- 4. If you inform us of a disability that puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.

Your commitment to us

- 1. You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
- 2. You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. You should not carry out any activities that you have been told are not suitable for you.
- 3. You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first aid training.
- 4. If you have a disability, you must follow all reasonable instructions to allow you to exercise safely.

I declare that: I am fit and well My GP or any other medical professional has advised me not to exercise

Name:

Signature: Date:/...../.....

This statement is for guidance only. It is not a legally binding agreement between you and Inspire Fitness Centre and does not create any obligations that you or we must meet.

Health History Questionnaire

First Name: Surname:

Height: Weight: Age.....

Regular physical activity is safe for most people. However, some individuals should check with their doctor before they start an exercise program. To help us determine if you should consult with your doctor before starting to exercise with Inspire Fitness Centre, please read the following questions carefully and answer each one honestly. All information will be kept confidential. Please YES or NO:

YES NO

- Do you have a heart condition?
- Have you ever experienced a stroke?
- Do you have epilepsy?
- Are you pregnant?
- Do you have diabetes?
- Do you have emphysema?
- Do you feel pain in your chest when you engage in physical activity?
- Do you have chronic bronchitis?
- In the past month, have you had chest pain when you were not doing any physical activity?
- Do you ever lose consciousness or do you ever lose control of your balance due to chronic dizziness?
- Are you currently being treated for a bone or joint problem that restricts you from engaging in physical activity?
- Has a doctor ever told you or are you aware that you have high blood pressure?
- Has anyone in your immediate family (parents/brothers/sisters) had a heart attack, stroke or cardiovascular disease before age 55?
- Has a doctor ever told you or are you aware that you have a high cholesterol level?
- Do you currently smoke?
- Are you a male over 44 years of age?
- Are you a female over 54 years of age?
- Are you currently exercising less than 1 hour per week? If you answered no, please list your activities:
- Are you currently taking any medication?
Please list the medication and its purpose:

What are your specific fitness goals at Inspire Fitness Centre? (*Indicate all that apply*)

- Increase strength and endurance
- Improve cardiovascular fitness
- Reduce body fat
- Exercise regularly
- Sports conditioning
- Improve flexibility
- Improve muscle tone
- Increase muscle mass
- Injury rehabilitation
- Other

What are your specific health goals at Inspire Fitness Centre? (*Indicate all that apply*)

- Reduce stress
- Control blood pressure
- Stop smoking
- Improve productivity
- Feel better overall
- Other (*please be specific*).....
- Improve nutritional habits
- Control cholesterol
- Achieve balance in life
- Reduce back pain
- Increase my health awareness

What motivated you to join Inspire Fitness Centre? *(Indicate all that apply)*

- Convenience/location
- Low membership rates
- Peer support
- Available classes
- Other
- Corporate membership
- Tried Inspire To Train as a guest
- Medical reasons
- Personal trainers

How did you hear about Inspire Fitness Centre? *(Indicate all that apply)*

- Website search
 - Facebook
 - Twitter
 - Word of mouth
 - School
 - A current member
 - Through your employer
 - Instagram
 - Newspaper/advertisement
 - Poster/leaflet
 - Local business recommendation
- If so, who?

I have read, understood, and completed this questionnaire. Any questions that I had were answered to my full satisfaction.

Signature

Date/...../.....

Printed Name

STAFF USE ONLY

- Cleared to exercise
- Not cleared to exercise

Reason:

Staff Signature: Date/...../.....

Resting Heart Rate:

Resting Blood Pressure:



Terms and Conditions – Inspire To Train

Inspire Fitness Centre wants you to be fully aware of the agreement you are entering into. It is important for us that you have a full understanding of your entitlements and our obligations.

If you have taken out a Direct Debit (DD) membership with us, your full terms and conditions will be emailed to you by Debit Finance Collection. Please ensure you have given us the correct email address. If you have an upfront membership you may request a copy.

MEMBERSHIP CHARGES & PAYMENT

- Members are liable to pay all annual or monthly membership fees irrespective of actual usage of Inspire Fitness Centre facilities for the time entered in initial sign up contract length.
- If paying by monthly Direct Debit, the contract is for 12-months. Upon completion of that contract, your membership transfers to a month-to-month rolling contract.
- Upfront memberships are **non-refundable**.
- Following the first period, Debit Finance Collection will continue to take monthly Direct Debit instalments unless written notice is received by Inspire Fitness Centre by completing a **“Before You Leave”** form at least **1 calendar month** prior to proposed termination date. These forms can be collected from reception.
- If you miss a DD payment it will automatically be added to the following month’s DD payment. Any lapses in membership payment may incur an administration fee.
- All joining fees and additional service packages paid for upfront are **non-refundable**.
- Regardless of membership type, all bookings require a 24hr cancellation notice otherwise a full admission fee will be charged.
- Members of Inspire Fitness Centre are granted priority on any class when it’s at full capacity. The member must be signed up for the class at least 24hrs before it’s scheduled start time.
- A membership card is required each time you use Inspire Fitness Centre. If another person uses your card we reserve the right to cancel your membership. Losing a membership card will incur a replacement fee.

CAUSES FOR TERMINATION

The following reasons may be acceptable subject to a formal agreement with Inspire Fitness Centre:

- Illness with letter from GP or referring Doctor
- Bankruptcy

FREEZING YOUR MEMBERSHIP

- Your membership can be put on hold for 1 – 6 months, once every 12 months. You are required to submit your request by completing a **‘Before You Leave’** form **at least 1 calendar month** before the proposed dates.

LIMITATION OF LIABILITY

- The member is responsible for the consequences of any use of Inspire Fitness Centre’s facilities. Inspire Fitness Centre will not be liable for any indirect or consequential loss, damage, costs, expenses, theft or damage to property, whether arising under contract or otherwise, unless a goodwill gesture can be agreed.

PHYSICAL HEALTH OF MEMBER

- The member warrants and also represents that he/she is in good health and is not knowingly incapable of engaging in either active or passive exercise. The member further warrants that such exercise would not be detrimental to their health, safety, comfort, well-being or physical condition.
- Before using Inspire Fitness Centre, the member must first read, sign and agree to all relevant paperwork relating to membership and health and safety.

I am happy that Inspire Fitness Centre have clearly explained the terms and conditions of my membership.

Signature

Print Name Date...../...../.....