



Membership Information Form

Type of Membership Single (£50pm) Joint (£90pm) Family (£105pm) Pay as you train.

Member Details

MARITAL STATUS

NAME

ADDRESS

.....

DATE OF BIRTH / /

TELEPHONE No.

MOBILE No.

EMAIL ADDRESS

Partner Details

MARITAL STATUS

NAME

ADDRESS

.....

DATE OF BIRTH / /

TELEPHONE No.

MOBILE No.

EMAIL ADDRESS

EMERGENCY CONTACT DETAILS

Name

Contact No.

EMERGENCY CONTACT DETAILS

Name

Contact No.

Childrens Details (for Family membership only)

NAME

DATE OF BIRTH / /

NAME

DATE OF BIRTH / /

Recommend Five Friends (Email Address's Only)

1.
2.
3.
4.
5.

How did you hear about us?

.....

.....

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.....

.....



Personal Information Sheet

Name Male Female

Age Height Weight

Training Age Beginner (< 6 months) Intermediate (6-24 months) Advanced (2 - 5 years) Elite (5 + years)

Goals

- 1. TIMESCALE
- 2. TIMESCALE
- 3. TIMESCALE

AFS - Member Agreement

We set the highest standards for our coaches and we pride ourselves on the delivery of exceptional training sessions, excellent equipment and a fun and motivational environment.

We commit to:

- 1. Always be on hand to deal with any query you have be it in person, by phone or by email.
- 2. Maintain an up to date website that provides you with as much information as possible to help you train more effectively.
- 3. Provide varied and functional training sessions to help you achieve your goals.

We ask you to commit to:

- 1. Give 100 % when you train with us.
- 2. Give us any feedback, both positive and negative so we can provide you with the environment you need to succeed.
- 3. Respect the coaches and your fellow members.
- 4. "LEAVE IT AS YOU FOUND IT" keep AFS tidy.

As the parent or guardian I hereby give consent to train within Alternative Fitness and to be directly coached by staff members.

Signature

Signature

Date

Date



STANDING ORDER MANDATE

Please complete this form in full and return to;

Alternative Fitness Solutions, 2 Imperial Court, Magellan Close, Walworth Business Park, Andover, Hampshire, SP10 5NT

YOUR BANK DETAILS

To

Your Bank/Building Society

Address

Post Code

Name(s) of Account Holder(s)

Branch Sort Code

Account Number

Your Reference (this will appear on bank statements)

Please pay to the account number **73483401** of 'Alternative Fitness Solutions' at Barclays Bank, 2 Imperial Court, Magellan Close, Walworth Business Park, Andover, Hampshire, SP10 5NT, **Sort Code 20-02-25** the sum of;

£..... on the day of 2010

and thereafter make payments of £..... until further notice.

Signature(s) Date:

My Email Address (PRINT)

This standing order supercedes any existing mandate payable to 'Alternative Fitness Solutions' with the same reference.
Alternative Fitness Solutions, 2 Imperial Court, Magellan Close, Walworth Business Park, Andover, Hampshire, SP10 5NT

Terms and Conditions of Membership

1. Monthly Membership

a) Persons wishing to become members must complete an application form accompanied by payment covering the joining fee, and pro-rated monthly membership fee. Subsequent monthly membership fees are payable in advance by Direct Debit. Debit payments will be debited

on or just after the 5th of each month.

b) If a member does not attend the centre having purchased a membership, they will not be entitled to a refund of membership fees.

c) Alternative Fitness Solutions Ltd may from time to time increase the fees and tariff(s) due to increases in the costs of overheads or other costs to the centre. We will give you at least 30 days written notice of any fee and/or tariff increase. You may end this contract at any time before the increase comes into effect by giving us 14 days written notice before the 20th of the month preceeding the next payment date.

d) Members will only be permitted to use the facilities provided your memberships are current and fully paid up.

e) Members are classed as adults from the age of 16, or 18 if they are in full time education (proof of full time education will be required for reduced membership). Children on family membership will have their status changed to a single membership at the age of 16, unless full time education is proved.

2. Membership Cards

Each member will be issued a membership card, which will remain the property of Alternative Fitness Solutions Ltd and on termination of membership will be returnable to the centre. Members must present the membership card on each visit to the centre before using any of the facilities. Any loss of membership cards must be reported to the centre immediately. There is an administration charge of £5 per replacement card.

3. Photograph

Once your application has been processed we require you to have your photograph taken by us. This is for internal use only and enables us to store your image on file and protects your card against misuse.

4. At Home Membership

The At Home membership option allows members to suspend their full membership due to illness, injury or pregnancy at the Manager's discretion. A payment of £5 per member per month is payable. Members are entitled to attend associated socials/events, but will not be permitted to use the facilities during this time. NOTE - This option is available STRICTLY for illness, injury, pregnancy or deployment and cannot be used for reasons such as holidays, 'busy' periods or non usage of the facilities. (A doctors note, or deployment document must accompany your request to proceed with this option.)

5. Use of Equipment

In the absence of any negligence or breach of any other legal duty of the centre. The use by the member of any of the centre's equipment or facilities is entirely at the member's own risk. Regular induction classes explaining the safe and proper use of each item of equipment shall be available to members on joining the centre. Inductions

explain the safe and proper use of each item of equipment and must be attended by members intending to use such equipment prior to such use. The attendance of these classes is the responsibility of the member. The member acknowledges that they must not use any the weights equipment unless they are satisfied that they are competent to do so safely and properly. The responsibility to attend this induction lies with the member. The members must use the equipment and facilities safely and properly, and take care to safeguard their own health and safety and that of other members. Alternative Fitness Solutions Ltd will not be held responsible for any loss or injury to the member to the extent that it is caused by their own unsafe or improper use of the equipment or the facilities. The member acknowledges that they will be responsible for any harm or injury that they cause to another member or to the centre's staff to the extent that it is caused through their own unsafe or improper use of the equipment or the facilities. The management reserve the right to suspend membership at any time if a member does not adhere to safe and proper use of the centre's equipment as instructed by the staff.

6. Valuables and Liability

In the absence of any negligence or breach of any other legal duty, Alternative Fitness Solutions shall not be responsible for or liable to the member for any loss or damage to a member's possessions.

7. Upgrade/Downgrade of Membership Type

If a member wishes to upgrade or downgrade their membership type, the centre requires 14 days written notice before the 20th of the month preceeding the next payment date. All correspondence must come from the head payer.

8. Bookings

Members are advised to book at reception to guarantee their place for a gym or fitness class workout. Members are required to give 48 hours notice if they are unable to attend the session or the current rate for the session/class may be payable.

9. General

Alternative Fitness Solutions Ltd may from time to time change or add to these terms and conditions for security, legal or regulatory reasons. We will give you at least 30 days written notice of any changes or additions. You may end this contract at any time before they come into effect by giving us 14 days notice in writing.

10. Termination of Membership

Alternative Fitness Solutions Ltd requires at least 14 days written notice before the 20th of the month preceeding the next payment date, should the member wish not to renew their monthly membership to enable us to update our systems. In such circumstances it is the account holder's responsibility to cancel their Direct Debit with their bank.