



# Join today!

Simply pay a £25 joining fee and when we open in January 2010 you'll get 12 months membership at half price! **Saving over £300!**

To reserve your place at Andover's newest and most exciting gym fill out the attached forms and return them to us with payment of £25. If your not 100% happy with our new gym we'll even give you your money back. There are no commitments and membership can be cancelled at any time - please refer to our full terms and conditions as stated on the membership form. For more details about Alternative Fitness visit us online at [www.alternative-fitness.co.uk](http://www.alternative-fitness.co.uk)

If you wish to keep up to date with all the latest news from Alternative Fitness sign up to our eNewsletter on our homepage.

Thanks, See you soon!

A handwritten signature in black ink that reads "G Millings".

Gareth Millings  
General Manager





## Physical Activity Readiness Questionnaire (PAR-Q)

Many health benefits are associated with regular exercise, and the completion of the PAR-Q is a sensible first step to take if you are planning to increase the amount of physical exercise in your life. For most people, physical activity should not pose any problem or hazard. The PAR-Q is designed to identify the small number of adults for whom physical activity might be inappropriate or those who should seek medical advice concerning the type of activity most suitable for them.

- 1. Do you have a bone or joint problem such as arthritis, which has been aggravated by exercise or might be made worse with exercise? Yes / No
- 2. To your knowledge, do you have high blood pressure? Yes / No
- 3. To your knowledge, do you have low blood pressure? Yes / No
- 4. Do you have Diabetes mellitus or any other metabolic disorder? Yes / No
- 5. Has your doctor ever said that you have raised cholesterol (serum level above 6.2mmol/L)? Yes / No
- 6. Do you have or ever suffered a heart condition? Yes / No
- 7. Have you ever felt pain in your chest when you do physical exercise? Yes / No
- 8. Is your doctor currently prescribing you drugs or medication? Yes / No
- 9. Have you ever suffered from shortness of breath at rest or with mild exercise? Yes / No
- 10. Is there any history of Coronary Heart Disease within your family? Yes / No
- 11. Do you ever feel faint, have spells of dizziness or have ever lost consciousness? Yes / No
- 12. Do you currently drink more than the average amount of alcohol per week? Yes / No  
21 units for men and 14 units for women (1 unit = 1/2 pint of beer/cider or 1 small glass of wine)
- 13. Do you currently smoke? Yes / No
- 14. You do NOT currently exercise regularly (at least 3 times per week) and/or work in a job that is physically demanding. Yes / No
- 15. Are you, or is there any possibility that you might be pregnant? Yes / No
- 16. Do you know of any other reason why you should not participate in a programme of physical activity? Yes / No

### If you answered YES to one or more questions:

If you have not already done so, consult with your doctor by telephone or in person before increasing your physical activity and/ or taking a fitness appraisal. Inform your doctor of the questions that you answered 'yes' to on the PAR-Q or present your PAR-Q copy. After medical evaluation, seek advice from your doctor as to your suitability for:

- 1. Unrestricted physical activity starting off easily and progressing gradually, and ...
- 2. Restricted or supervised activity to meet your specific needs, at least on an initial basis.

### If you answered NO to all questions:

If you answered the PAR-Q honestly and accurately, you have reasonable assurance of your present suitability for:

- 1. A graduated exercise programme
- 2. A fitness appraisal.

### Assumption of Risk

I hereby state that I have read, understood and answered honestly the questions above. I also state that I wish to participate in activities, which may include aerobic exercise, resistance exercise and stretching. I realise that my participation in these activities involve the risk of injury and even the possibility of death. I hereby confirm that I am voluntarily engaging in an acceptable level of exercise, which has been recommended to me.

NAME \_\_\_\_\_ CLIENT \_\_\_\_\_ NAME \_\_\_\_\_ STAFF \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_



## Membership Information Form

**Type of Membership**     Single (~~£50pm~~ <sup>£25pm</sup>)     Joint (~~£90pm~~ <sup>£45pm</sup>)     Family (~~£105pm~~ <sup>£52.50pm</sup>)     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?

.....  
.....  
.....  
.....



**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

# Great choice!

## So you've decided to join Alternative Fitness, what's next?

Please ensure you have filled out the attached Membership form along with PAR-Q. Include a cheque of £25 made payable to Alternative Fitness Solutions and post to the address below. We will then reserve your membership and send you confirmation in the post.

Be sure to check out [www.alternative-fitness.co.uk](http://www.alternative-fitness.co.uk) for more information and services.

Gareth Millings  
General Manager  
4 Kimber Close  
Tidworth  
Hampshire  
SP9 7JZ

Email. [gareth@alternative-fitness.co.uk](mailto:gareth@alternative-fitness.co.uk)

**The Small Print.** This special offer ends on 31/12/2009. To take advantage of this offer we need to receive your 1st months membership (£25.00) along with a signed Terms and Conditions prior to the closing date. The offer only applies to applicants prepared to join for the full 12 month period. On receipt of the above we will allocate a membership number and issue your membership card for collection when you attend your first session. If for any reason you are not happy with our gym we will be happy to refund you the £25 fee and cancel your membership. You must notify us within 14 days of your first visit if you wish to cancel, if you wish to cancel after this time normal terms and conditions apply.

## 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.