



Total amount payable on acceptance and completion of membership form:

	TOTAL PAYABLE TODAY
Upfront annual membership payment: _____ + GXCA fee: _____ =	
DD Pro rata payment: 1 <sup>st</sup> or 15 <sup>th</sup> _____ + GXCA fee: _____ =	

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

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

Bill-payer information if not the member:

Name (as it appears on the account):		DOB:
Account Number:		Email:
Sort Code:		Signature:
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) and cannot train after 1800hrs.

**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: ..... / ..... / .....



### Health History

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. Please read the following questions carefully and answer each one honestly. If you are affected by any of the questions mentioned in this form currently or at a later date, you agree to inform Inspire Fitness Centre. All information will be kept confidential. Please  YES or NO:

YES NO

- Has your GP ever said that you have a heart condition and that you should only perform physical activity recommended by a physician?
- Do you feel pain in your chest when you engage in physical activity?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Do you have breathing difficulties?
- Do you ever lose consciousness or do you ever lose control of your balance due to dizziness?
- Do you have high blood pressure?
- Do you have high cholesterol?
- Are you currently taking any medication for your blood pressure or for a heart condition?
- Do you know of any other reason why you should not engage in physical activity?  
.....  
.....

If you have answered 'yes' to one or more of the above questions, we advise you to consult your GP before engaging in physical activity.

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

I consent to Inspire Fitness Centre to provide first aid if necessary:  Yes  No

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

Signature .....

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

Printed Name .....

**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, the full terms and conditions will be emailed to you by Debit Finance Collection. Please ensure you have given us the correct email address.

**MEMBERSHIP CHARGES & PAYMENT**

- Members are liable to pay all annual or monthly membership fees irrespective of actual usage of Inspire Fitness Centre facilities.
- 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 contractual 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 will incur an administration fee.
- All queries regarding DD payments and/or fees are to be made to DFC @ 0190 842 2022.
- All joining fees, pro-rata payments and any additional packages paid for upfront are **non-refundable**.
- Regardless of membership type, all bookings require a 24hr cancellation notice otherwise the full fee is charged.
- Members of Inspire Fitness Centre are granted priority to 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:

- Serious illness or injury with letter from GP or referring doctor
- Redundancy
- 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...../...../.....

# MEMBER COPY

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Signature .....

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



## MEMBER COPY

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

I consent to Inspire Fitness Centre to provide first aid if necessary:  Yes  No

*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.*