



Personal Details

Title _____ First Names _____
Surname _____
Contact Number _____
ID Number _____

Emergency Contact Name _____
Emergency Contact Number _____
Gender Male Female
Email _____

Please note, your email address will be required for communication.

Day Pass Payment

Day Pass @ R100 per day Card Payment

Trading Hours

Monday - Friday 05H00 - 20H00 Saturday and Public Holidays 06H00 - 13H00

PLEASE NOTE: GetFit will be closed on Sundays, Christian Holidays and New Year.

Medical History (Optional)

Do you know or have you had in the past?:

	Y	N		Y	N
History of heart problems, chest pains or stroke?	<input type="checkbox"/>	<input type="checkbox"/>	Muscle, joint or back disorder, or any previous injury still affecting you?	<input type="checkbox"/>	<input type="checkbox"/>
Increased blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>	Diabetes or thyroid condition?	<input type="checkbox"/>	<input type="checkbox"/>
Any chronic illness or condition?	<input type="checkbox"/>	<input type="checkbox"/>	Cigarette smoking habit?	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty with physical exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Obesity (more than 20% over ideal body weight)?	<input type="checkbox"/>	<input type="checkbox"/>
Advice from physician not to exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Increased blood cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>
Recent surgery (In the last 12 months)?	<input type="checkbox"/>	<input type="checkbox"/>	History of heart problems in immediate family?	<input type="checkbox"/>	<input type="checkbox"/>
Pregnancy (now or within the last 3 months)	<input type="checkbox"/>	<input type="checkbox"/>	Hernia or any condition that may be aggravated by lifting weights?	<input type="checkbox"/>	<input type="checkbox"/>
History of breathing or lung problems?	<input type="checkbox"/>	<input type="checkbox"/>	Does your physician know you are participating in this exercise program?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking any medication or drugs?	<input type="checkbox"/>	<input type="checkbox"/>	Describe your exercise program now:		
If YES, please list					

For most people, physical activity should not pose any problems or hazard. The above questions are designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for you. Please explain any YES answers below:

Medical History (Optional)

Weight (kg) _____ Height (m) _____

I certify that I understand the foregoing questions and my answers are true and complete. I also understand that this information is being provided as part of my initial consultation and may not be periodically updated.

I assume the risk for any changes in my medical condition that might affect my ability to exercise.

If I have answered YES to one or more questions and have not recently done so, consult with your doctor before beginning an exercise program. I must discuss with my physician any questions answered YES and explain that I plan to undergo an exercise program that my include, but not limited to, aerobic conditioning, weight and/or resistance training, and flexibility training. After the medical examination I must enquire from my physician which activities I may safely participate in and what specific restrictions, if any, should apply to my condition and which activities and/or exercises I should avoid.

I acknowledge I have read the forgoing statement and understand the content thereof.

Client Signature

Date _____



**BECOME
A MEMBER**

Get unlimited access to our gym
for only R350 per month (No contracts)

GENERAL TERMS & CONDITIONS

These terms and conditions are in the interest of your security, safety, overall health and the best experience at our Gym.

Please take a moment to familiarize yourself with the Terms and Conditions. These T&C's cover all offerings, equipment and facilities in our Gym. All members, guests, tenants, contractors, visitors and staff adhere to the terms and conditions. (T&C's)

The preceding policies and procedures are not all-inclusive. Other rules and regulations may be posted in and about the facility and must be adhered to.

Unfortunately, in the interests of all the Gym members, if you do not comply, we may ask you to leave the Gym, deny you Gym access or (if it's really serious) we may cancel your membership.

We may change these T&C's occasionally but we'll be sure to let you know if we're going to do so by updating our website please look out for any changes that may be implemented.

TERMS AND CONDITIONS ARE

- By agreeing to these T&C's, you hereby confirm that you are aware of and take responsibility for any applicable risks to your health when exercising.
- Just to be safe, please check with your healthcare provider before you start a new fitness program. You should have a physical exam to see if you have any health risks.
- We recommend that you spend 10 minutes warming up before starting any type of exercise. If you jump straight in, you risk damaging your muscles and/or straining your heart.
- We require you to carry a towel, which we will provide, and remain well hydrated while exercising. Towels are available at reception upon request. If you experience acute pain, dizziness, a sudden headache or chest pain, stop exercising immediately and inform a staff member. You could hurt yourself if you ignore the pain.
- Please let us know if there are any changes in your medical condition.

GENERAL GYM USE

- Pets (other than guide dogs) are not permitted.
- Firearms or other weapons are not permitted anywhere in the Gym premises (unless the weapon is in the possession of an on-duty member of the national police force who is in the Gym in his/her official capacity on police business or protecting an official person/government minister. Note that police officers/security officials who are utilising any facility or equipment in the Gym are on the premises as a member and may not bring a weapon into the Gym).
- Smoking is not permitted anywhere on the Gym premises.
- You may not bring alcohol or drugs into the Gym.
- You may not sell and/or market any product or service to other members while in our GetFit Gyms.
- You consent to us using your image if taken during photo shoots of Gym facilities.
- The use of GetFit name or logo for promotional, marketing, advertising or any other activity is prohibited.
- Our Wi-Fi is available for your use.

ACCESS CONTROL

- All members are required to sign in with the register available at the GetFit reception.

GUESTS

- At our discretion, you may bring guests to train with you upon payment of the guest fee/redemption of R100.00 and your guest will be required to fill in a day pass application
- All guests must obey the T&C's.
- You must accompany your guests at all times, be responsible for their behaviour and make sure they obey the Gym T&C's.

ILLEGAL SUBSTANCES

- We have a zero tolerance towards the use, sale or endorsement of any form of illegal and/or performance enhancing drugs (including steroids or any other banned substances) on the GetFit premises or in the parking area.
- Any allegations, suspicions and/or evidence of infringement of this rule; GetFit has the right to cancel or suspend your membership at our absolute discretion.

BEHAVIOUR

- You may not enter the Gym or use the facilities while under the influence of alcohol or and illegal drugs.
- You must not use foul, loud, offensive or abusive language (and/or including, without limitation, discriminatory language based on an individual's race, ethnic or social origin, colour, gender, sexual orientation, age, religion or disability).
- You must not commit any acts of intimidation or threats, or use menacing behaviour towards other members, guests, visitors, tenants or members of staff.
- You must not verbally, physically or sexually abuse or harass, or use violent behaviour towards other members, guests, visitors, tenants or members of staff.
- You must not commit any unhygienic or immoral act or acts which may cause distaste, revulsion or abhorrence to other members, guests, visitors, tenants or members of staff.
- You will have to pay for any damage caused by you, your dependents and your guests while in the Gym.
- Only one individual in a shower cubicle at any one time please.

WHAT TO WEAR

- Suitable and appropriate exercise clothing must be worn at all times while exercising in a GetFit Gym. T-shirts/vest (no bare chests please guys) and closed footwear (no slaps/sandals) must be worn at all times (except in the wet areas). If you are unsure of what to wear, please ask a staff member.

PARKING

- All vehicles are parked and driven at your own risk. We do not accept responsibility for any loss, theft and/or damage to vehicles and/or valuables left in vehicles or any other mode of transport of members or their guests whilst on Gym premises or in any parking area designated for use by members or their guests.

LOCKER AND PERSONAL BELONGING

- Although we have cameras in the Gym and we have an exclusive clientele, we urge Gym members to exercise caution in terms of their belongings and valuables.
- Subject to availability, lockers are available to store your gear while you train.
- We do not undertake that the use of a locker will guarantee that theft or damage to your property will not occur. We do not accept responsibility for any loss or theft or otherwise.
- Do not leave your belongings unattended in the change rooms or anywhere else in the Gym at any time and report any lost item immediately to staff members. Placing all your belongings in a locked locker limits potential loss and is considerate to other members requiring access to bench space in the change rooms.
- Lockers may only be used for keeping gym kits, toiletries and the clothing that you were wearing when you came to the Gym. If we have reasonable grounds for thinking that a locker is being used for the storage of something else, we may open the locker and remove any offending items.
- Lockers are available for use only while you're in the Gym. Any belongings left in a locker overnight will be removed and placed in lost property.

EQUIPMENT AND THE TRAINING FLOOR

- Please use the equipment for its intended purpose and follow the instructions provided. Do ask for help if you need it. Please inspect equipment before use and do not use the equipment if it appears damaged and/or inoperable or any component appears to be missing, worn and/or damaged. We need to know, so please report damaged equipment to a staff member.
- Please use all available safety devices on the equipment.
- When using strength equipment be sure that the weight pin is completely inserted. Never pin the weight stack in an elevated position. Inspect all cables, straps and other connections prior to use.
- Please do not use dumbbells or any other equipment, other than equipment specifically provided by the manufacturer, to incrementally increase weight resistance on strength equipment. If unsure, please ask for help from a staff member.
- Before stepping onto a treadmill, please ensure that the belt has come to a complete stop. Never jump off the treadmill while the belt is still moving.
- Please be gentle. Handle weights and equipment with care and replace after use.
- No food, drinks or bags are allowed on the training floor, with the exception of plastic water bottles and sports drinks.
- Please use a sweat towel at all times.

BOXING, JUMPING ROPES AND KETTLE BELLS

- Observe the space around you when using the boxing equipment, jumping ropes and kettle bells to avoid causing harm to other members.
- For your own protection, wear protective hand wraps and gloves when using a boxing bag.

PERSONAL TRAINING

- If you are interested in signing up for a Personal Trainer, you will find all the details of our authorized trainers on the website. You can contact them directly, or ask at Reception and we will introduce you to an accredited trainer.
- Only authorized GetFit Personal Trainer are permitted to provide personal training in our Gym. Personal training by another member is not allowed whether it's for payment or not. If we find someone providing unauthorized personal training, our Gym Manager will investigate and you and the trainer may be expelled or suspended.
- Personal Trainers are contracted to the Gym and payment arrangements will be between the trainer and the member.

SAFETY

- Please do not mess with fire doors or tamper with any safety devices.
- Please follow the health and safety notices displayed throughout the Gym.
- Please take note of emergency procedures. If there is an emergency, please do not run in the Gym. Be aware of the different floor surfaces that you move across as you walk through the Gym. As on-going cleaning and maintenance

will be taking place, related tools and equipment may be hazardous, and some floor surfaces may be wet and therefore slippery. Proceed with caution in these areas.

- Please report all injuries/incidents and/or hazards that you spot to a staff member.

FEES AND CHARGES

- In order to start enjoying all the benefits the Gym has to offer, you have to ensure that all your membership and In Gym Purchases are fully paid and up to date.
- No membership fees are refundable under any circumstances.
- If, despite us having notified you of missed payments, further payments are missed, the Gym reserves the right to, at its sole discretion, either to suspend or terminate your membership, upon having given you written notice of its intention to do so. The administration fee may be waived by the Gym in the event that the outstanding amount is paid within 48 hours of becoming due.
- The Gym may need to from time to time increase the price of the membership, in which case the Gym will notify you 30 days in advance of any incoming price increase and will indicate clearly when the price will take effect and how much your membership will cost after the increase. During this period you will have the right to terminate your membership in accordance with the membership terms and conditions. If you do not terminate the membership by the date given to you in the notice then the price of your membership will be increased in accordance with the notice.
- Should the Gym institute legal action against you for recovery of any outstanding membership fees and In Gym Purchases, you will be liable to the Gym for any and all legal costs, including attorney and own client costs. This includes collection fees and tracing fees.
- We do not offer pro-rata payments. You must pay for the full month you are in. Payments for the next month can be made starting on the 25th of the current month. Payment cutoff for the upcoming month is the 5th of that month. Any payment made after the 5th will be valid only until the 5th of the next month.
NO ENTRY will be granted if payment has not been made.

TERMINATION

- In the event that you signed up as a member of the Gym, and you change your mind, you will be allowed to terminate your membership within 5 days from signing up. In this instance, all fees paid shall be refunded to you within 20 business days.
- Your membership will be on a month to month basis.
- You can cancel your membership with GetFit by written notice to our gym email address: getfitclub@ntechcampus.co.za**

FINALLY

- We reserve absolute discretion when approving membership applications.

MISCELLANEOUS

Member's Health Warranty

Member warrants and represents that he/she has no physical or mental disability, impairment or ailment preventing him/her from engaging in active or passive exercise that will be detrimental to his/her health, safety or physical condition if he/she does so engage or participate. This representative is made by member knowing that management will rely upon the same respect to issuance of this membership. Member acknowledge and agrees that it is his/her responsibility to consult with his/her personal physician prior to and during the course of this membership.

Waiver of Liability

Any member using the facilities and equipment does so at his/her own risk. Management shall not be liable for any damages arising from personal injury or damages sustained by member in, on or about the premises of the centre. Member assumes full responsibility for any injuries or damages and does hereby and forever release and discharge the centre, owners, employees and agents from any and all claims, demands, rights or cause of action, present, or future, whether the same be known or unknown, anticipated or unanticipated, resulting from or arising out of the member's use or intended use of the facilities and equipment hereof.

Thank you for your co-operation.

I hereby accept the Terms and Conditions as listed above

Full Name: _____

Signature: _____

Date: _____

Gym Membership Number / For office use only _____