

The NRG Membership Agreement

NRG
HEALTH & FITNESS

For the purpose of this agreement NRG Health & Fitness is hereinafter referred to as "the Club" and (insert name) of (insert address) is known as "the member".

1. Use of the facilities of the Club and use of the Club premises is strictly subject to the rules and regulations of the centre in effect at any time. A handbook is available to members on request.
2. Payment of the annual membership fee will entitle the member to use of the club for a twelve month period and on the expiration of this period, the membership must be renewed by the member.
3. In the event that the annual membership is not renewed within thirty days of its expiry, it is deemed to have expired and it will be necessary for the member to reapply for a membership.
4. Payment of the annual membership fee must be paid in full before Club us commences - in the event of DD, payment of the first month subscription must be paid.
5. In the event of DD, the member signs for a minimum of 12 months. The member may not terminate the contract prior to the completion of the 12 months and is wholly liable to the club for any monies due. After this period of time, should the member wish to cancel their membership, they must do so in writing to their bank and to NRG Health & Fitness. If any direct debit payments are referred back to NRG Health & Fitness the member must then pay the amount outstanding straightaway plus a €5 fee before the club can be used again.
6. A membership may be terminated by the management for violation of any rules and regulations of the Club or for conduct deemed by the management to be detrimental to the welfare, good order or character of the Club and its members.
7. The management reserves the right to utilise the Club facilities for special events, private parties, seminars, tournaments or other college events as determined by the Management of the club.
8. Membership deposits and fees are not refundable, even in the case of injury, illness or if a member moves.
9. Temporary suspension of the use of a membership may be allowed only for the gravest of reasons and must be sanctioned in writing by the Club management, on receipt of relevant evidence and appropriate fees.
10. The member acknowledges that he/she is in good health and not suffering from any illness or disease.
11. The Club health status questionnaire must be completed and signed by all applicants in advance of using the Club facilities.
12. Smoking within the Club is not allowed and no food or drink may be brought into the Club at anytime.
13. The member acknowledges that the Club will not be responsible for the loss of any personal items or damage to personal property, either on the Club premises or in the Club car parking areas.
14. The member acknowledges that the Club accepts no liability whatsoever for any personal injury or property damage sustained by the member and the member acknowledges that he/she enters the Club and uses the facilities at his/her own risk.
15. The Club will use its best endeavours to ensure that all facilities, apparatus and equipment are maintained in working order but the Club accepts no responsibility to the member for failure or breakdown of any equipment or apparatus, however caused.
16. In the event of any dispute arising between a member of the Club and the management of the Club, the decision of the management is final.
17. The management of the club reserves the right to amend and add to these conditions of membership and rules as it sees fit and the member shall observe any amendment or additional conditions or rules so made.
18. Users of pool and Health Suite areas must abide by the Club regulations in force at the time.
19. Management reserves the right of admission and has absolute right to remove any guest or member at any time.
20. Car Parking - A member can use the complimentary car park for a maximum of 2 and half hours. The car park can only be used when a member is using the health and fitness facility.
21. Dual Membership - Membership entitles adults to dual membership in both clubs.
22. Proper lane etiquette must be adhered to when swimming in the lanes of pool. Children must pay particular attention and not swim across lanes.
23. Suitable gym clothing and footwear must be worn while using the gym. No sandals or outdoor shoes permitted. It is compulsory to wear a swim hat in the pool. Lockers are provided for your gym visit only and are not to be left occupied overnight.
24. On joining the Club the member automatically accepts and agrees to be bound by these conditions of membership of the club.

- Iof.....
- A) will use the facilities of the Club entirely at my own risk and the said Club shall have no liability whatsoever, whether in tort or in contract, for any loss, injury or damage howsoever sustained by me. I accept full responsibility for my own use of any and all the facilities, appliances, privilege or service whatsoever at my own risk and indemnify and hold harmless the Club, its shareholders and directors, officers, employees, representatives, agents or I lessors from any and all loss, claim damage or liability sustained or incurred by me or my property howsoever caused.
- B) I further acknowledge that I have carefully read and understand the rules and regulations of the Club and hereby undertake to abide by same.
- C) I further understand that the terms of this agreement are to be read in conjunction with and in addition to the rules and regulations of the Club and in the event of any conflict between the above mentioned terms and the rules and regulations, the terms of this membership agreement shall prevail.

APPLICANTS SIGNATURE _____ DATE _____

LINKED APPLICANTS SIGNATURE _____ SIGNATURE FOR CLUB _____

HEALTH STATUS QUESTIONNAIRE

RISK FACTORS FOR CARDIOVASCULAR DISEASE

- | | |
|---|--------|
| 1. History or family history of heart disease | yes/no |
| 2. High blood pressure | |
| 3. Smoking habit | |
| 4. Diabetes/malitus | |
| 5. High cholesterol | |
| 6. Over 40 male | |
| 7. Over 50 female | |
| 8. More than 20lbs overweight | |
| 9. Sedentary for more than 5 years | |

IF YOU ANSWER "YES" TO ANY OF THE ABOVE QUESTIONS, IT MAY BE ADVISABLE TO CONSULT WITH YOUR OWN G.P. BEFORE ANY EXERCISE

RISK FACTORS FOR ILLNESS/INJURY

- | | |
|---|--------|
| 1. Breathing disease | yes/no |
| 2. Surgery or chronic disease | |
| 3. Pregnancy within the last 3 months | |
| 4. Back, joint, muscular disorder | |
| 5. Incidents of seizure, blackout, fainting | |
| 6. Taking any medication or substance | |
| 7. Suffering from any allergies | |
| 8. On a special diet | |

IF YOU ANSWER "YES" TO ANY OF THESE QUESTIONS, AN INSTRUCTOR MUST EVALUATE

SIGNATURE _____ LINKED MEMBER SIGNATURE _____

NRG HEALTH & FITNESS

Jurys Hotel, Western Road, Cork

T: 021 4222 444

E: jurys@nrgfitness.ie W: www.nrgfitness.ie

Membership Application

NRG
HEALTH & FITNESS

I wish to apply for the following type of membership of NRG Health & Fitness at Jurys Hotel, Cork. I understand that all applications for admission to membership of the club shall be made strictly subject to the Rules of the Club in force from time to time. Payment of membership subscription shall constitute an agreement by such member to be so bound.

PERSONAL DETAILS

Mr Mrs Miss Ms (please circle as appropriate)

Date

First Name

Surname

Address

Date of Birth

Home Phone

Mobile No

Email

Company Name (if applicable)

Occupation

PLEASE DIRECT POST TO HOME/WORK (Please circle)

IN EVENT OF A COUPLE MEMBERSHIP/LINKED MEMBERSHIP (please circle) PLEASE COMPLETE THE FOLLOWING

First Name

Surname

Address

Date of Birth

Home Phone

Mobile

Company Name (if applicable)

Occupation

Email

MEMBERSHIP TYPE Category (please tick)

Full Membership

Child (No. eg. 1,2)

Student

Couple

Golden Years

Off Peak

Corporate

Co.

Other

Total Amount Paid

€

METHOD OF PAYMENT

Cash

Direct Debit

Company Cheque

Personal Cheque

Credit Card

(Please make cheques payable to NRG Health & Fitness)

AREAS OF INTEREST (please tick as appropriate)

Cardiovascular Equipment

Sports Specific Training

Swimming

Strength Equipment

Aerobics Classes

Massage

Free Weight Equipment

Spinning Classes

General Fitness

SOURCE

Where did you hear about the Club?

Website

Friends/colleagues

Friend a member

Used as a guest

Golden pages

Post/Direct Mail

Read about it

Passed by

FOR OFFICE USE ONLY

New Member / Renewal / Category Change (please circle)

Photo

Membership Handbook

Lock Given

Membership Card

Computer File Updated

Renewal Date if Annual

Processed by