



SPORTS PLUS FITNESS

DATE: ____/____/____

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CLIENT PROFILE

Name: _____ Address: _____
D.O.B: _____ Referred By: _____
(A.H.)
Telephone No: _____ E-mail Address: _____
(B.H.)
Emergency Contact : _____ Emergency Phone: _____
Occupation _____

MEDICAL PROFILE

Do you have any medical conditions that may be aggravated by training with us? (please describe)

SPORTS PROFILE

**Have you participated in any type of sport (including gym and jogging/walking) over the past 2 years?
(Please describe)**

PERSONAL OBJECTIVES

What do you hope to achieve through personal training?

My Goals:

- 1.
- 2.
- 3.
- 4.
- 5.

LIABILITY

All members and their guests train with Sports Plus Fitness at their own risk. Sports Plus Fitness cannot accept responsibility for damage or injury through use of our facility. Damage to the studio or equipment shall be paid for by any member who causes the damage. Members are also responsible for damage caused by their guests or children. I have read and agree to this liability clause. I have read and agree to abide by the conditions of membership as stated overleaf.

Signature: _____

Date: _____



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CONDITIONS OF MEMBERSHIP

- Sessions start at agreed time and finish one hour from that time. Eg 2:00 p.m. start finishes at 3:00 p.m. regardless of what time the client arrives. Your trainer will wait no longer than 15 minutes for late arrivals. After that time the session will be cancelled and charged for.
- **One – On – One Training: 12 hours notice required for cancellation otherwise full fee applies**
- **One – On – Two Training:** 12 hours notice for cancellation otherwise full fee applies. In the event that one person cancels, the session will be cancelled. Alternatively if the other client wishes to attend the session a one on one fee will apply.
- **10 Packs: Commitment:**
 - 1 session per week = membership expires 12 weeks from date of purchase
 - 2 sessions per week = membership expires 6 weeks from date of purchase
 - 3 sessions per week = membership expires 4 weeks from date of purchase
 - 4 sessions per week = membership expires 3 weeks from date of purchase
- **20 Packs: Commitment:**
 - 1 session per week = membership expires 24 weeks from date of purchase
 - 2 sessions per week = membership expires 12 weeks from date of purchase
 - 3 sessions per week = membership expires 8 weeks from date of purchase
 - 4 sessions per week = membership expires 6 weeks from date of purchase
- **Group Personal Training:** 12 hours notice required for cancellations. Unused sessions at the end of your 12 week period, will not be carried over to your next 12 week period.
- Membership card must be presented on arrival
- Appropriate footwear to be worn at all times
- Sports Plus Fitness may close on public holidays.
- Sessions are not transferable.
- Packs are not refundable.



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