



LPGC GYMNASIUM
MEMBERSHIP APPLICATION AND AGREEMENT

Member Name:	
Date of Birth:	
Primary Phone:	
Secondary Phone:	
Email:	
Next of Kin:	
Emergency Contact No.	

The undersigned individual (the Member), hereby indicates their desire to become a member of LPGC Gymnasium, pursuant to the terms and conditions of this gym membership agreement.

Health Attestation

The Member attests that they are fully able to participate in an exercise regimen of their design or choosing without undue risk. The member must notify LPGC immediately if there are any changes to their medical condition or if they feel any pain, discomfort, fatigue or nausea during or immediately after athletic activities.

Gym Membership Dues

The Member agrees to pay monthly membership charges by standing order payable in advance at the rate of £20.00 per month inclusive of VAT.

Induction

It is compulsory for all members to attend an induction session prior to membership being activated. A charge of £20.00 for induction is payable direct to the Personal Trainer at the time of the induction.

Member Access

This gym membership agreement entitles the member to access to the Gym at Langley Park Golf Club so long as all dues are current. Opening hours are as follows:

Monday to Friday	06.00 to 22.00
Weekends	06.00 to 22.00

Access is by Club Swipe Card. Any Gym member allowing access to a non-gym member will be deemed to be in breach of these terms and conditions and liable to disciplinary action as deemed appropriate by Langley Park Golf Club elected Club Council.

Personal & Group Training

Personal and Group training is offered by LPGC, but is not included in the member's membership dues. Payment for these is in addition to the monthly fees and are payable direct to the Personal Trainers.

Indemnification

This gym membership serves as a liability release, pursuant to which the Member agrees to indemnify and hold LPGC harmless against any and all claims of loss or damage without limitation.

Gym Rules & Participation

The Member hereby agrees to abide by all posted safety guidelines and regulations while using the gym facilities at Langley Park Golf Club.

Additionally, the Member agrees to dress and conduct themselves in a manner deemed appropriate for a fitness facility.

The Member shall not consume drugs, alcohol, or tobacco products in the LPGC gym facility.

LPGC reserves the right to revoke the Member's access if these terms are violated.

The Member understands that they will be responsible for their own safety and wellbeing whilst using the equipment at the LPGC Gymnasium and that LPGC do not provide supervision, instruction or assistance for the use of the facilities and equipment at all times.

The Member understands that the use of exercise equipment involves risk of serious injury, including permanent disability and death.

The Member understands and agrees that LPGC is not responsible for property that is lost, stolen or damaged while in, on, or about the premises.

Gym Membership Cancellation

This gym membership may be cancelled by giving one months' notice in writing to LPGC.

Binding Law

This gym membership contract shall be considered binding upon the Member and Langley Park Golf Club Limited, and shall be upheld and enforced in accordance with the laws of England. Any legal proceedings related to this gym membership contract shall take place in courts located in England.

Acceptance

The below signed parties hereby enter into this gym membership contract with one another in acknowledgement and acceptance of the terms listed above.

I agree to abide by the policies and guidelines of the facilities and understand membership privileges will be forfeited if these are not adhered to.

Langley Park Golf Club	Client
Signed by:	Signed by:
Signature:	Signature:
Date:	Date:

Office Use Only:	Completed by:		
S/O Complete	Yes / No	Commencing	T & C returned Yes / No
Induction Date	Swipe Card No:		Activated S/C Date

To: Finance Manager
Langley Park Golf Club



The Manager

..... Bank PLC

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Account No:

On the 1st / 15th (delete as appropriate) day of each month, please pay the sum of £20.00 to HSBC, 184 High Street, Bromley, Kent BR1 1HL A/C No: 21277561 (40-15-05) for the credit of Langley Park Golf Club Account and debit my account with these amounts until further notice.

The first payment is due on

Signed:.....

Date:

Name:

(Please print)

LPGC GYM
PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)



If you are planning to take part in physical activity or an exercise class, start by answering the questions below. If you are between the ages of 15 and 69 the questionnaire will tell you if you should talk with your doctor before you start. If you are over 69 years of age and you are not used to being very active, check with your doctor. All information will be treated confidentially.

Member Name:		YES	NO
1.	Have you ever been advised by your doctor that you have a heart condition and should only do physical activity recommended by a doctor?		
2.	Do you have a history of a Heart attack, or cardiac surgery?		
3.	Do you ever feel pain in your chest when you do physical activity?		
4.	Have you ever suffered from extra, skipped or rapid heartbeats/palpitations or unusual cardiac findings?		
5.	Have you ever had chest pain when you were not doing physical activity?		
6.	Have you ever suffered from unusual shortness of breath?		
7.	Do you ever feel faint or have spells of dizziness?		
8.	Have you any history of pulmonary disease (asthma, emphysema, bronchitis)?		
9.	Are you diabetic?		
10.	Have you ever suffered a stroke?		
11.	Do you suffer from any emotional disorders?		
12.	Do you have a bone or joint problem that could be made worse by exercise?		
13.	Have you ever been told that you have high blood pressure?		
14.	Have you had any recent illness, hospitalization or surgical procedure?		
14a.	If yes, what?		
15.	Are you currently taking any medication?		
15a.	If yes, What?		
16.	Do you have any drug allergies?		
16a.	If yes, What?		
17.	Are you pregnant or have you had a baby in the last six months?		
18.	Is there any other reason why you should not participate in physical activity?		
18a.	If yes, what		
19.	How regularly do you exercise?		

I do hereby assume full responsibility for any and all damages, injuries, or losses that I may sustain or incur, if any, while attending or participating in any facility exercise program, sport or physical activity. I hereby waive all claims against LPGC, its instructors, or partners, individually or otherwise, for any and all claims for injuries or damages that I might sustain. I understand that there is a risk of injury associated with participating in any facility exercise, program or sports activity and I certify that I am in good physical condition and have no known disabilities that might otherwise be detrimental to my health or well-being. I certify that all of the information provided on this application is correct and true.

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 Signed

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 Date