

RULES AND REGULATIONS (continued)

9. **Damaged, Lost or Stolen Property:** THE CITY GYM, its owner, employees, agents, successors, assigns, lessees and/or subcontractors are in no manner whatsoever responsible and/or liable for any and all lost or stolen property.
10. **Violations of Posted Rules and Regulations:** Reasonable rules and regulations may be posted from time to time regarding the health, protection or safety of members, all membership agreements shall be subject to strict compliance therewith. Failure by member(s) to comply may cause THE CITY GYM, to revoke said membership agreement. Upon election to revoke said membership agreement by THE CITY GYM, member(s) shall be released of any further obligation. No refund of dues, enrollment fees or quest fees will be given if said membership are revoked; including any prepaid membership dues or any other fees. Said revocation to be effective upon notice to member(s).

If you have any further questions, please contact our business office,
Thank you for your patronage, and have a great "health experience."

Signature of Applicant

APPROVED BY CHAIRMAN

Date _____

Applicants need to be proposed and seconded by FULL Members of the Club.

	Signature
PROPOSER:	
SECONDER:	

For more information contact T: +256 (0) 702 711 315, +256 (0)752 711 701, 0200 977 771 E: info@citygym.co.ug
Plot 22, Kampala Boulevard, 2nd Floor, Kampala Road

 The City Gym  @thecitygym

www.citygym.co.ug



APPLICATION FOR MEMBERSHIP

(Please use block capitals)

PICTURE

MEMBERSHIP NO.

FAMILY NAME: FIRST NAME: SPOUSE:

NATIONALITY: HOME TEL: MOBILE NO:

PHYSICAL ADDRESS:

POSTAL ADDRESS:

COMPANY NAME:

OFFICE NO: E-MAIL ADDRESS:

COMPANY ADDRESS:

FAMILY MEMBERS:

MEM'S ID NO.	NAME	DATE OF BIRTH	CATEGORY OF MEMBERSHIP:	PERIOD		NO. MONTHS
				FROM	TO	
			NEW ()			
			RENEWAL ()			

MEMBERSHIP FEE

S.No	TYPE OF MEMBERSHIP	USHS	
		Joining Fee	Annual Subscription
1.	12 Months Single Membership	500,000	3,000,000
2.	6 Months Single Membership	500,000	2,000,000
3.	Monthly Single Membership	NIL	300,000
4.	Annual Single Corporate Discount 5 Members and above.	15% Discount on annual Subscription	
		In Ushs.	
5.	Daily Membership	20,000	
6.	Aerobics - Members	15,000	
7.	Aerobics - Non-members	20,000	
8.	Towels & Tolieteries	10,000	

PLEASE NOTE:

1. THE ABOVE RATES ARE INCLUSIVE OF VAT
2. OPENING HOURS ARE FROM 0600 HRS TO 2200 HRS.

DETAILS

Date	Invoice No.	Receipt No.	Amount	Cheque	Cash	Credit Card

Members are advised that they use the GYM and its facilities at their risk.

Children under 14 years of age are not permitted to use the GYM's facilities unless accompanied by an adult. The GYM will accept no liability for loss or damage incurred by Members of Third Parties arising therefrom.

Aqua Aerobics	Kick Boxing 90
Power Vinyasa Yoga	Spin/Circuit
Zumba	No flex zone
Spinning	Ashitanga Yoga (Adult)
Insanity Workout Programme	Ashitanga Yoga (children)
Pilates	Karate

Physical Activity Readiness Questionnaire (PAR-Q)

If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you significantly change your physical activity patterns. If you are over 69 years of age and not used to being very active, check with your doctor. Common sense is your best guide when answering these questions. Please read carefully and answer each one honestly.

Please tick either YES or NO

1) Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
2) Do you feel pain in your chest when you do physical activity?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
3) In the past month, have you had a chest pain when you were not doing physical activity?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
4) Do you lose balance because of dizziness or do you ever lose consciousness?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
5) Do you have a bone or joint problem (for example, back, knee, or hip) that could be made worse by a change in your physical activity?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
6) Is your doctor currently prescribing medication for you blood pressure or heart condition?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
7) Do you know of any other reason why you should not do physical activity?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Yes to one or more questions:

You should consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health.

Waiver of Liability

I understand and acknowledge that the training programs and events held by THE CITY GYM may expose me to many inherent risks including accidents, injury, illness, or even death. I assume all risk of injuries associated with participation included, but not limited to falls, contact with other participants, the effects of the weather including high heat and or humidity, and all other such risks being known and appreciated by me.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and THE CITY GYM furnishing services to me, I agree, for myself and anyone entitled to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE THE CITY GYM, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in THE CITY GYM training, programs and or events. I am aware that this is a waiver and a release of liability and voluntarily agrees to its terms.

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.

Signature:	Name:
	Date:

Having answered YES to one of the above, I have sought medical advice and my GP has agreed that I may exercise.

Signature:	Date:
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Note: This physical activity clearance becomes invalid if your condition changes so that you would answer YES to any of the above 7 questions.



RULES AND REGULATIONS

The rules and regulations as set forth in this document are part of the membership agreement. The purpose of the GYM rules and regulations is to assure members full enjoyment of the facilities subject to posted restrictions. Any and all posted pricing, restrictions, rules and regulations including hours of use are subject to change without prior notice at the sole discretion of THE CITY GYM, Please recognize the rights of others and be considerate.

Any and all member(s) is/are obligated to observe and comply with the following:

- GYM Hours:** Seven days a week from 6:00 AM to 10:00 PM
- GYM Entrance:** Members must display membership cards at reception desk and allow attendant to check them in. Members are only entitled to membership categories that they have paid for.
- Daily Member:** Daily passes are only good for one (1) single visit. If member leaves the premises, an additional Ug.Shs. 15,000/= will be charged upon re-entry. Any member(s) found to be aiding, abetting or associated with the illegal entrance into THE CITY GYM, premises may be subject to expulsion, membership termination and/or legal prosecution.
- Exercise Clothing, Men:** Shirts must be worn at all times. Clean and presentable apparel is required. Extremely short shorts are unacceptable. Soft soled non-scuffing tennis shoes are required at all times. No open-toed shoes or bare feet in the fitness or gym areas.
- Exercise Clothing, Women:** Tights and leotards or any other suitable apparel that will not restrict freedom of movement. Extremely short shorts are unacceptable. Soft-sole tennis shoes are to be worn at all times. No open-toed shoes or bare feet in the fitness or gym areas.
- Maintenance of Facilities:** In order to assist in the maintenance of THE CITY GYM facilities, THE CITY GYM reserves the right to temporarily close all or part of THE CITY GYM facilities for needed repairs or maintenance.
- Accidents:** All exercise, aerobics, and use of all facilities and services shall be undertaken by members(s) or guest(s) at their sole risk. THE CITY GYM, its owners, employees, subcontractors, agents, successors or assigns shall not be liable for any and all claims, demands, injuries, damages, actions or causes of action whatsoever, to person or property arising out of or connected with the use of any and all services or facilities of THE CITY GYM, or their premises where the same are located or arising out of an act of active or passive negligence on the part of THE CITY GYM, its servants, agents, owners, employees, and/or sub contractors. Please alert THE CITY GYM, immediately if you incur or witness any injury while at the facility.
- General Policies:**
 - THE CITY GYM, reserves the right to refuse service to anyone.
 - No outside alcoholic beverages are allowed on THE CITY GYM, premises.
 - No food or drink allowed in workout area (except approved water bottles).
 - Abusive usage of equipment is prohibited. Member(s) or guest(s) who intentionally damage equipment will be held liable for the cost of the repair or replacement of damaged equipment.
 - The use or distribution of anabolic steroids or any contraband substance in or on THE CITYGYM premises is strictly prohibited.
 - All members and guests must conduct themselves in a manner conducive to the well-being and enjoyment of both fellow members, guests, staff and management. Abusive or foul language is UNACCEPTABLE. Any member or guest not abiding by these rules and regulations is subject to their membership or guest privileges being terminated without any refund or recourse against THE CITY GYM.

