

Membership No.

Member Application Form

Personal Information

Surname First Name

Address

Telephone

Email

Occupation Date of Birth

Would you like to receive regular updates about Bodywise, the Spa & hotel via emails? Yes No

Membership Information

Type of Membership

Annual PAYG Sole @ £605
 6 Month PAYG @ £330
 Health Membership Sole @ £55
 Platinum Fitness @ £100
 Annual PAYG Joint @ £1100
 Rolling Monthly @ £65
 Health Membership Joint @ £100
 Platinum Spa @ £100

Membership Payment

Joining Fee & Initial Payment: Amount Cash Card Date Paid

Membership Payments.

Monthly Direct Debit

Amount

Date of First Payment

Annual/6 Monthly

Amount

Payment Cash Card

The membership fee is debited on or just after the first of each month. I understand that **BODYWISE** may change the amounts and dates after giving prior notice. I will inform **BODYWISE** in writing if I wish to cancel this instruction. If I choose to terminate my membership payable monthly, I am aware that I must give at least ONE month's notice. Such notice should take affect no earlier than 12 months after the start of my membership. I have completed the Direct Debit mandate instructing my bank to pay any future payments. I am aware that my account will be debited on or immediately after _____

Signature: Date:

Instruction to your Bank or Building Society to pay by Direct Debit

BODYWISE Fitness & Health Spa, The Cleve Hotel, Mantle Street Wellington, Somerset TA21 8SN

To: BANK NAME

BANK ADDRESS:

Postcode

Name(s) of Account Holder(s)

Originator's Identification Number: Reference Number:

9 4 8 3 3 7

Instruction to your Bank or Building society

Please pay Bodywise F & HSPA. Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with Bodywise, and, if so, details will be passed electronically to my Bank/Building Society.

Branch Sort Code

Account Number

Signature(s)

Date

Banks and Building Societies may not accept Direct Debit Instructions for some types of accounts

Terms & Conditions of Membership

1. Acceptance

- a) The decision to accept this application shall be at the absolute discretion of the company. Membership of Bodywise by the applicant shall commence upon the date of acceptance. Upon acceptance the member shall be issued with a membership card and shall be entitled to all the rights and privileges exercisable by the class of member for which his/her application for membership had been accepted (minimum age 16 years).
- b) Acceptance by the management of an application for membership of Bodywise shall constitute a binding contractual agreement between the company and the applicant upon these terms and conditions of membership and the rules and regulations of Bodywise as are time to force.
- c) All members may cancel their by notice in writing to the company within ten days after the application for membership of the club is accepted by the company whereupon the initial subscription fee and the first monthly membership charge, if any has been paid, will be refunded in full. Except insofar as provided in this sub clause and sub clause (4b), the initial subscription is not refunded in any circumstance.
- d) Membership numbers and cards are issued to all current members and must be shown at reception to gain entry every time a visit is made. Cards are not transferable and any use other than by the member will result in the cancellation of the membership with no refund available. A charge is levied for lost cards.
- e) Having purchased a membership to Bodywise and you do not attend you will not be entitled to your membership fee unless in exceptional circumstances and this will only be at the discretion of the management.

2. Initial joining fee and membership dues.

- a) All members shall pay an initial joining fee in the sum specified overleaf upon becoming a member of Bodywise which shall become due immediately upon the member being accepted as a member. Joining fees are subject to change without notice.
- b) Membership is payable in advance; annually or monthly by direct debit. The company reserves the right to include a credit card within the monthly dues.
- c) Membership dues may increase, subject to 30 days prior notice at the discretion of the management.
- d) Direct debit memberships are a minimum term contract of twelve months unless stated otherwise, whereupon they can be cancelled under the terms of 2c) above.
- e) Suspension of membership can occur only on medical grounds and only after a £10 administration fee has been paid.

3. Limitation of liability.

In consideration for the company accepting his/her application for membership of Bodywise and for he/she becoming and remaining a member of Bodywise the member agrees that i) neither the company nor its employees or agents shall be liable for any loss, damage or theft of any property belonging to or brought onto the premises by the member or any guest of the member, occurring upon Bodywise premises. ii) neither the company, nor its employees or agents of the company shall be responsible for any death, personal injury or illness occurring upon Bodywise premises as a result of the use of the facilities and/or equipment provided by Bodywise, except to extend that such death, personal injury or illness arises from negligent act or omission of the company or its employee or agent.

4. Physical condition of member

- a) The member warrants and represents that he/she is in good physical condition and that he/she knows of no medical or other reason why he or she is it capable of engaging inactive or passive exercise and that such exercise would be detrimental to his/her health, safety, comfort or physical condition.
- b) The member shall not use any of the facilities whilst suffering from any infections or contagious illness, disease or other ailment or whilst suffering from any physical ailment such as open cuts, abrasions, open sores or minor infections where there is a risk that such use may be detrimental to the health, safety, comfort of other members.
- c) Before participation at Bodywise the member must first complete a screening form.

5. Expulsion of members & termination of membership.

The company may terminate the membership of any member i) without notice and with immediate effect if the members conduct is the subject of complaint by another member or members, is such that in the reasonable opinion of the company, it may be injurious to the character or interest of Bodywise, or is such that it renders the member unfit to associate with other members of Bodywise. ii) without notice and with immediate effect if the member commits any breach of these terms and conditions or the rules & regulations of the facility as from the time to time are in force. iii) by notice in writing if any part of the initial subscription fee or monthly membership charge which is due and payable remains unpaid 30 days after the due date for the payment. iv) upon not less than 30 days notice in writing if the company is of the opinion that the member is not suitable individual for continued membership of the club.

6. Dress code

Appropriate clean and safe clothing and shoes must be worn at all times in Bodywise (and during classes). Trainers must be worn whilst using the equipment in the gymnasium. No outdoor shoes are to be worn in the pool area for hygiene purposes.

7. Children

Children under the age of 16 are not permitted to use the facilities.

8. Guests

- a) Members introducing guests shall ensure that their guests complete a screening form and pay the appropriate guest fee.
- b) Guests must always be accompanied by the member introducing them, who will be responsible for their guest's actions whilst on the club premises.
- c) No more than 3 guests may be introduced by the member at any one time by the same member. Prior approval may be granted by the management for additional guest entry.
- d) Members may bring up to 5 guests per twelve months. Additional guests must then pay the full fee for Day Membership.
- e) It is the responsibility of the member introducing the guest to ensure that their guest complies with Bodywise rules.
- f) The management reserves the right to exclude any guest from Bodywise without giving any reason for doing so and may regulate the charges levied for the guest passes from time to time.

9. Conduct

- a) Members and guests should use the equipment and facilities in accordance with the advice given by Bodywise staff and by notices suitably posted. Members and guests shall not abuse the equipment and any damage to Bodywise property shall be paid for by any member or guest who wilfully or negligently causes such damage.
- b) Disorderly, rude or offensive behaviour will result in the termination of membership and for the purpose of rule a single breach will be regarded as serious.
- c) No member or guest shall bring food or intoxicating substances into Bodywise.
- d) Smoking is not permitted in any part of the studio or reception area with the exception of certain designated areas allowed by management from time to time.
- e) In the interest of health and hygiene, all Bodywise users are requested to shower prior to entering the steam room, sauna, swimming pool and solarium.
- f) Members and their guests use the swimming pool/ spa area which are not supervised at their own risk and the management do not accept responsibility for any harm or injury any member or guest. No running, jumping or diving is allowed in the pool/spa area.
- g) The pool rules are clearly displayed and should be adhered to at all times. Anyone breaching the rules may be asked to leave the premises, and in some circumstances may have their membership terminated as per section 5 above.
- h) Cars parked in the Bodywise car park are left at the owners risk and Bodywise will accept no liability for loss or damage in respect thereof.
- i) For security reasons, members and their guests are asked to store personal belongings & valuables in the lockers provided. No items are to be left in the lockers overnight; lockers will be checked and emptied at the end of the day.

SAFETY IS A MAJOR CONCERN AND RULES MUST BE OBEYED

The Direct Debit Guarantee

- This Guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the scheme is monitored and protected by your own Bank or Building Society.
- If the amounts to be paid or the payment dates change, you will be told of this in advance by at least 14 days as agreed.
- If an error is made by Bodywise or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid.
- You can cancel a Direct Debit at any time by writing to your bank or Building Society. Please also send a copy of your letter to us.





HEALTH AND LIFESTYLE ASSESSMENT

Name: Date of Birth: Membership Number:
Email address: Telephone:
Would you like to receive email updates from Bodywise and The Cleve Hotel and Spa?
Yes No

Health Information

Please read the following questions and answer each carefully and honestly. Ask for advice if you have any questions. This information will always be kept confidential.

Has your doctor ever advised you not to participate in physical activity without recommendation of a specialist? Yes No
If yes, please give full details

Do you suffer or have you suffered from any of the following health conditions:

- Allergies Diabetes Cancer / Chemotherapy Low Blood Pressure High Blood Pressure
Epilepsy Heart Conditions /Stroke Asthma Arthritis Depression
Chest pains Recurring dizziness Loss of consciousness Other: please specify:

Do you suffer or have you suffered from any of the following pain or complaints:

- Feet Ankles Lower Leg Knees Upper Legs Hips Back
Shoulders Neck Head Elbows Hands Other: please specify

Have you had a sprain or strain injury in the last 18 months? Yes No
If yes, what treatment did you receive?

Does exercise aggravate any injury or condition that you have? Yes No
If yes, please give full details

Is your doctor currently prescribing you any medication? Yes No
If yes, please give full details?

Are you pregnant or think you could be pregnant, or have you given birth in the last 6 weeks? Yes No

Do you know of any other reason why you should not participate in any physical activity? Yes No
If yes, please give full details?

Lifestyle Information

What would you like to change about your current health and lifestyle?

Describe the type of fitness regime/lifestyle you want to have in a year's time

What do you think will help you achieve your one-year goal?



Please take note of the following CLUB RULES to ensure safe and healthy use of our facilities

- All Members must sign in at **BODYWISE** reception before using the facilities.
- Members should supply their own towels. Towels are available to hire at reception if needed.
- Our instructors are available at designated times to give advice about using the fitness machines, fitness programs and nutrition. If you are unsure how to safely use the machines or the facilities, then you must ask a member of staff or instructor for help.
- Appropriate training clothes and footwear must be worn in **BODYWISE** at all times. For safety and hygiene reasons, members are asked to wear non-slip footwear in the pool and to please refrain from wearing wet swimwear in the Fitness Suite.
- **BODYWISE** is open to adults over the age of 16 years only and under no circumstances are children allowed in the facilities, including the swimming pool. Proof of age may be asked.
- All members are required to shower before using the wet areas of the Health Spa (i.e. before using the steam room, pool etc).
- The POOL IS NOT SUPERVISED, therefore never swim alone and use the facilities safely and with respect for others at all times.
- No running or jumping is allowed in the pool area.
- Members are reminded that there are safety notices displayed for the use of the Sauna, Hot Tub and Steam Room and a maximum time of 15 minutes is recommended in each area (you are putting yourself at risk if you exceed the recommended times).
- Members are required to wait a minimum of 1 hour after consuming a meal before training or swimming.
- For health and safety reasons, members will not be allowed to use the facilities if under the influence of alcohol.
- **BODYWISE** is a Membership Club and therefore members should abide by the CLUB RULES at all times.

DECLARATION

I have read and understood the health and lifestyle questions and have answered them honestly and to the best of my knowledge. I understand that if I have answered yes to any of the health questions then I will need to discuss details with a personal trainer/instructor and may be asked to talk with my doctor before commencing a fitness programme. I wish to use the Bodywise facilities and to participate in physical activities that may include aerobics exercise, resistance exercise and flexibility exercises. I realise that in participating in these any or all of these activities I may be at risk of injury and even the possibility of death. I hereby confirm that I am participating voluntarily. I understand the health and safety procedures of the facilities and I am able to use the facilities and the machinery contained therein safely and with due care for others.

Signed:

Date: