



Flab2Fab GYM Lanseria - Membership Agreement

PERSONAL DETAILS

First Name	_____
Last Name	_____
Physical Address	_____
Phone Number	_____
Email	_____
ID/Driver's License No	_____
Physical Address while using the gym	_____
Date of Birth	_____

Proof of address: Email a utility bill not older than 2 months with your name to gympt@personalfitnesstraining.co.za.

Proof of address: Email a copy of your guesthouse, hotel, B&B, lodge, self-catering, air B&B, other to gympt@personalfitnesstraining.co.za.

Age: If under 18 years of age, parent/guardian should complete consent below.

This Membership Agreement between the member, listed in section 1, above, and Flab2Fab Gym (the "Gym") is on a month-to-month basis or a fixed term membership agreement, at the initial rate per month payable in advance. A late fee of R200 will be applied for any payments received after the 7th (seventh) of the month. Late payment will violate the Gym's rules. The Gym is allowed to change membership fees under this Agreement by posting notice of such change in the Gym at least 30 days in advance of such change. Notice of cancellation by member giving at least 1 calendar months written notice and emailed to gympt@personalfitnesstraining.co.za

Throughout this contract, the member agrees to adhere all the rules and regulations at present in force or in the future prescribed by the Gym, for the use of the Gym training facilities, premises, and equipment therein. Flab2Fab Gym reserves the right to revoke this membership for cause should the member fail to obey any of such rules and regulations, or for reasons of nuisance, disturbance or other members or staff, moral turpitude or fraud. Without limiting the member's duty to obey the statutes of Flab2Fab's Gym presently in force or in the future prescribed.



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The member agrees that he/she will obey the following rules by:

- Being considerate to the other gym members around you and allow them to practice their rights and privileges.
- Paying his or her membership dues on time which on or before the first of each month – or pay a late fee;
- Printing his or her respective first and last names legibly on the sign-in sheet when he uses the facility;
- Unloading all the bars and machines when he or she is through using them and placing all the weight plates on their respective racks;
- Returning the barbells and dumbbells on their proper racks at the end of each session;
- Following directions on the proper use of the training equipment and asking for directions whenever necessary;
- Never spitting into the water fountain/any surface/or onto the walls;
- Never placing the feet on the wall;
- Never placing weight plates on the floor;
- Never banging dumbbells together when doing flies or other exercises;
- Never dropping dumbbells or barbells on the floor;
- Never lean against mirrors;
- Disposing of trash in their respective bins;
- Treating members and staff with fullest respect and courtesy at all times;
- Accepting full responsibility for any damage done to equipment due to misuse of the equipment.

GYM RATES:

- Cashless zone
- All payments/bookings to be made EFT or debit order or Credit card at the premises.
- All reoccurring payments via debit order/client to complete debit order mandate.
- Once off payments can be made via EFT or credit card.



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PLEASE SELECT THE GYM MEMBERSHIP REQUIRED

EMS – ELECTRO MUSCLE STIMULATION

- Once off EMS – in gym R400/20 min & R700/40 min

20 Minute EMS Sessions

- 12-month membership @ R300/session x 4 per month = R1, 200/month
- 24-month membership @ R250/session x 4 per month = R1, 000/month

40 Minute EMS Sessions

- 12-month membership @ R700/session x 4 per month = R2, 800/month
- 24-month membership @ R650/session x 4 per month = R2, 600/month

Mobile EMS – pricing available on request

SQ

GROUP SESSIONS – bookings are essential - minimum 3 people/class

Monday, Tuesday, Wednesday, Thursday.

CONDITIONAL TRAINING:

Circuit, Resistance, Hydraulic, Tyre Flips, Tyre Hammer, Cross-training, Free Weights and more.

- 05h00 – 05h45
- 06h00 – 06h45
- 07h00 – 07h55

- 18h00 – 18h45
- 19h00 – 19h45



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INDIVIDUAL MEMBERSHIPS: Cashless zone

All new members qualify for: complimentary eating & training program.

- Non-Gym Membership – Drop-in / once off R150/day/credit card/EFT
- Non-Gym Membership – Once off non-re-occurring 1 month membership R650/month
- Gym Membership – 3 months membership R1, 600 advance payments
- Gym Membership – 6 months membership R3, 100 advance payments

- Gym Membership – Re-occurring 12 months membership R600/month: debit order / EFT / Credit card
- Gym Membership – Re-occurring 24 months membership R500/month: debit order / EFT / Credit card
- Gym Membership – Re-occurring 36 months membership R400/month: debit order / EFT / Credit card
- Gym Membership – Re-occurring 48 months membership R300/month: debit order / EFT / Credit card



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GROUP SESSIONS:

Bootcamp & Switch HIIT training, only available on Saturdays from 06h00 – 13h00 with pre-bookings.

Surcharge will apply.

Gym membership cancellation prior to the term:

All 12, 24, 36, 48 month agreement cancellations will be subject to 40% cancellation fee, of the remainder of the agreement package. To be settled in full on termination.

USE THIS FACILITY AT YOUR OWN RISK

Without limiting the Gym’s ability to terminate this membership for cause, Flab2Fab Gym has every right to terminate this membership for any reason at the end of any given month. If the Gym elects to so terminate the contract, Flab2Fab Gym will not refund a pro rata portion of any dues applicable to future month(s).

(1) NOTICE TO PURCHASER: DO NOT SIGN THIS CONTRACT UNTIL YOU READ IT THOROUGHLY OR IF IT CONTAINS BLANK SPACES.

(2) IF YOU DECIDE YOU DO NOT WISH TO REMAIN A MEMBER OF THIS GYM OR CANCEL YOUR MEMBERSHIP, YOU MAY CANCEL THIS CONTRACT BY SENDING AN EMAIL TO THE GYM BY MIDNIGHT OF THE THIRD BUSINESS DAY AFTER THE DAY YOU SIGN THIS CONTRACT A NOTICE EXPRESSING YOUR DESIRE TO CANCEL THIS CONTRACT. THE WRITTEN NOTICE MUST BE E-MAILED TO gympt@personalfitnesstraining.co.za

(3) IF YOU DIE OR BECOME TOTALLY AND PERMANENTLY DISABLED AFTER THE DATE THIS CONTRACT TAKES EFFECT, YOU OR YOUR ESTATE MAY CANCEL THIS CONTRACT AND RECEIVE A PARTIAL REFUND OF YOUR UNUSED MEMBERSHIP FEE BY MAILING A NOTICE TO THE GYM STATING YOUR DESIRE TO CANCEL THIS CONTRACT. THE GYM MAY REQUIRE PROOF OF DISABILITY OR DEATH. THE WRITTEN NOTICE MUST BEE-MAILED TO gympt@personalfitnesstraining.co.za

MEMBER ACKNOWLEDGES RECEIPT OF A FULLY COMPLETED COPY OF THIS AGREEMENT EXECUTED BY BOTH GYM AND MEMBER ANDACKNOWLEDGES THE AGREEMENT TERMS.

Signed by Member

Date

Email Address



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Flab2Fab Gym Representative

Date

PARENTAL/GUARDIAN CONSENT

The undersigned persons are the parents or guardians of the member in this contract and make this agreement for the purpose of enabling the member to use the Flab2Fab’s Gym training facilities. The undersigned persons consent to the member in using Flab2Fab’s Gym training facilities and are aware of the risks involved in such use. The undersigned persons further agree that this consent shall constitute a bar to any recovery by them for any loss to them due to such use, including but not limited to loss of the member’s services or companionship or loss of or damage to any personal property.

The undersigned persons hereby hold the gym, its successors, assigns, owners, officers, directors, employees, and agents harmless from all claims which may be brought against them by the undersigned persons, the member or on the member’s behalf or by his or her family for any such injuries or claims aforesaid and the undersigned persons for themselves and on behalf of member and his family, executors, administrators, and personal representatives do hereby forever release and discharge the gym, its successors, assigns, owners, officers, directors, employees, and agents from all claims, demands, injuries, damages, actions, losses and expenses.

Signed by Parent/Guardian

Relationship to Member: Father; Mother; Guardian; Other (state relationship)

Print Name

Date

Signed by Parent/Guardian

Relationship to Member: Father; Mother; Guardian; Other (state relationship)

Print Name

Date



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How do I cancel my Membership?

We are sad to see you go. Submit a request via gympt@personalfitnesstraining.co.za and one of our Friendly Team Members will be in contact with you to process your cancellation request.

Please take note the following Terms & Conditions as per Membership Agreement:

- The initial period is the minimum duration of the membership, between the Start Date and the End Date, it being agreed that the membership will continue on a month-to-month basis after the initial period expires, unless specifically stated or cancelled formally in writing.
- If the agreement is cancelled prior to the end of the initial period, then a reasonable cancellation fee, as contemplated in the Consumer Protection Act 68 of 2009 (CPA), will be levied on the remaining months of the initial period, calculated at a rate of forty percent (40%) of the initial monthly membership fee multiplied by the number of outstanding months due in terms of this agreement. The member will forfeit all admin fees paid. The Member will remain liable for all and any arrears membership fees.
- Cancellation of the agreement requires thirty (30) days' notice given in writing by the Member and a final debit order / payment may still apply. The Member will still have access during the cancellation period.
- Cancellation fees should be paid within 72 hours from receiving acknowledgement email, confirming outstanding amount or cancellation request will be disregarded and Membership will continue as normal.

How do I freeze my Membership?

Freeze your Membership by submitting a request via gympt@personalfitnesstraining.co.za and one of our friendly Team Members will be in Contact with you shortly. Please be advised that the minimum time period to freeze your membership is 3 months given 30 days' notice.

Do I have to book for classes?

Some classes have limited space available thus, is strongly advisable to book you spot to secure you space.

Most classes have a surcharge and advance payment is required.

Please arrive at least 5 minutes prior to the start of the group training session or you reserved spot might be given to a Member on the waiting list. If it is your first time attending a certain class, it is advisable that you arrive 15 minutes before where the Instructor will brief you on the exciting experience ahead.

If you have booked a class but were unable to attend, please cancel your booking via WhatsApp number 073 635 4062.



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Class timetables and Fitness Instructors may change from time to time and without prior notice to you. Classes may also be cancelled indefinitely or removed permanently from time to time and at the sole discretion of the company without any prior notice. Please check the notice boards for up-to-date details.

How do I contact the Club?

If you have any questions, send us a WhatsApp or do not hesitate to contact us to speak to one of our friendly team members.

Can I buy a day pass?

You most certainly can! Pay R150 by card at the Club.

Reception	-	011 100 2908
Gym - Siya	-	078 143 4482 (WhatsApp)
PT - Martin	-	073 635 4062 (WhatsApp)

GYM USE

Verified Driver's License / ID number Information:

_____ Member

_____ Parent/Guardian

_____ Parent/Guardian