



**nick@dunningtonsportsclub.co.uk**

<b>Gym Membership Fee</b>	<b>£180.00</b>	<b>Student Membership Fee (18 to 25 with NUS card)</b>	<b>£90.00</b>
<b>Junior Membership (16 and 17)</b>	<b>£70.00</b>		

All new Members will be required to undertake a compulsory induction with a qualified trainer.

Contact details for the trainers will be provided on joining. Fees for induction vary from free to £35.00 dependent on trainer, session etc

- 1 Full or Student membership is available to all persons over 18 subject to assessment at the induction.  
2 Junior membership is available to those aged 16 and 17 at a reduced fee. Junior members are required to be accompanied by an adult.  
3 Membership applications will be dealt with within 5 days of receipt of the completed application and fee.  
4 Access to the Gym is via a swipecard, which is also your membership card, and which must be produced on request by a member of the B-Fit Gym staff or Committee. Swipe Cards remain the property of the Gym and must be returned upon termination of membership. Members will be charged for replacement cards.  
4 The Joining Fee includes membership of the Dunnington Sports Club.  
5 Membership runs for 12 month from date of joining. Refunds are not given for Fees Paid.  
6 All members must abide by the Rules and Constitution of the B-Fit Gym.

## PERSONAL DETAILS

Name ..... Membership No .....

Address .....

Post Code ..... Tel No: ..... Mobile No: .....

D.O.B ..... Email .....

## HEALTH SCREENING

**Please read the following questions carefully and if you answer YES to any of the questions it is recommended that you seek medical clearance from your doctor prior to joining the Gym**

- |  |          |
|--|----------|
| 1. Do you have a history of heart disease, angina or any other heart related disease ?               | YES / NO |
| 2. Do you ever feel pain in your chest when you exercise ?   | YES / NO |
| 3. Do you suffer from high or low blood pressure ?   | YES / NO |
| 4. Do you ever feel faint or have dizzy spells ?   | YES / NO |
| 5. Do you suffer from any muscle, joint or back disorder which is aggravated by exercise ?           | YES / NO |
| 6. Do you suffer from diabetes or epilepsy ?   | YES / NO |
| 8. Are you taking prescribed medication for a disorder which may be aggravated by exercise ?         | YES / NO |
| 9. Are you recovering from illness or operation ?  | YES / NO |
| 10. Do you know of any other reason why you should not do any physical activity?                     | YES / NO |
| 11. Have you habitually taken no form of exercise or have reason to believe a health problem exists? | YES / NO |

A risk always exists, when taking any form of exercise, that a latent health problem or weakness may become apparent and could conceivably lead to injury, illness or fatality. Any person who undertakes exercise against the medical advice of their doctor shall do so at their own risk and the B-Fit Gym and the Dunnington and Grimston PFA shall not be held responsible in the event of any illness or fatality which may result.

## FORMAL DECLARATION

I have read and understood the above and declare that to the best of my knowledge I know of no reason why I should not participate in the fitness facilities provided by the B-Fit Gym. I fully understand that the B-Fit Gym is unstaffed and unsupervised and that I take part in any fitness programme, recommended or otherwise, entirely at my own risk. I also waive any legal recourse for damage to myself or personal property arising from my participation.

Signed ..... Date .....

**Return your completed form, with cheque made payable to Dunnington PFA, to The Manager, Dunnington Sports Club, Common Road, Dunnington, York, YO19 5NG, marking envelope 'B-Fit Gym' We also accept payment by credit or debit card**

<b>Office Use</b>	Membership Number	<input type="text"/>
	Swipe Card (Yellow)	<input type="text"/>

On behalf of Dunnington Sports Club Ltd, I acknowledge receipt of £..... As payment for B-Fit Gym membership for 12 months commencing.....

B-Fit membership No..... Signed .....

	Please tick if you do not want us to keep you up to date with things that are happening in the Sports Club via email & SMS
	Please tick if you do not want information about discounts & benefits from our 3rd party partners