



Mountcoal Fitness Club

Membership Rates

Individual

TYPE	1 Year	6 Months	3 Months
Adult	€ 250	€ 175	€ 100
Student	€ 175	€ 100	€ 60
Senior 65+	€ 175	€ 100	€ 60
One Time Visit		€ 7	
Students Must Produce a Full Time Valid Student Card at Registration			

Family

Family TYPE	1 Year	6 Months	3 Months
2 Adults + 1 Child	€ 600	€ 400	€ 225
2 Adults + 2 Child	€ 650	€ 425	€ 237.50
2 Adults + 3 Child	€ 700	€ 450	€ 250
2 Adults + 4 Child	€ 750	€ 475	€ 262.50
Children must be over 16yrs and under 18yrs			

Opening Hours

7:00 am - 11:00am & 5:30 pm - 10:30 pm

Monday - Friday

9:00 am - 11:00am & 5:30 pm - 9:00 pm

Saturday

Closed on Sunday & Bank Holidays

ONLY PERSONS OVER 16YRS ARE ALLOWED IN THE GYM DURING OPENING HOURS



Membership Number

Family Number

Personal Details (Block Capitals)

Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input type="checkbox"/> Miss <input type="checkbox"/> Other:	Tel:
Forename:	Mobile:
Surname:	E-mail:
Address:	Emergency Contact. Name: Tel:
Date of Birth:	Screening Form Completed:
Occupation:	Gym Induction Booked:

Membership Category

TYPE	1 Year	6 Months	3 Months
Adult			
Student			
Senior 65+			
2 Adults + 1 Child			
2 Adults + 2 Child			
2 Adults + 3 Child			
2 Adults + 4 Child			

I have read & agree to accept the terms and conditions of membership	
Signature: _____	Date: _____

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Membership Number

Family Number

Name:	DOB:
Address:	Tel:
Doctor:	Tel:
Emergency Contact:	Tel:

Medical History

YES NO

1. Have you been advised by a doctor not to exercise?		
2. Are you currently on any form of medication?		
Please Specify:		
3. Do you suffer from any heart problem?		
4. Is there a history of heart disease or stroke in your family?		
5. Have you had surgery in the past 4 months?		
6. Are you pregnant at present?		
7. Are you over the age of 65 and not accustomed to vigorous exercise?		
8. Please tick the appropriate box if you suffer from any of the following:		
Asthma/Breathing Difficulties <input type="checkbox"/>	Pain / Tightness in the chest <input type="checkbox"/>	High Cholesterol <input type="checkbox"/>
Arthritis / Joint Problems <input type="checkbox"/>	Muscle Problems <input type="checkbox"/>	High Blood Pressure <input type="checkbox"/>
Back Pain <input type="checkbox"/>	Dizziness / Fainting <input type="checkbox"/>	Diabetes <input type="checkbox"/>
Epilepsy <input type="checkbox"/>	Circulation Problems <input type="checkbox"/>	<input type="checkbox"/>

Continued on Reverse...

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Membership Number

Family Number

Lifestyle

	YES	NO
9. Do you eat a healthy balanced diet?		
10. Are you a smoker? If so, how many per day?		
11. Do you drink alcohol? If so, how many units per week?		
12. Do you have a stressed average day/lifestyle?		
13. How would you rate your current level of fitness? Low <input type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> High <input type="checkbox"/>		
14. Do you know of any other reasons why you should not participate in physical activity?		

Assumption of Risk

I, the undersigned, hereby state that I have read, understood and answered honestly the questions on this and the previous page. I also state that I wish to participate in activities which include, but are not limited to, gym classes and gynasium exercise (aerobic and resistance). Furthermore, I hereby confirm that I am voluntarily engaging in an acceptable level of exercise which has been recommended to me and I understand that Croi Fitness Club and its staff accept no responsibility for any injuries or death during or after participation in the fitness testing programme. I have had the opportunity to ask questions prior to exercising and they have been answered to my satisfaction.

Signature: _____

Fitness Instructor: _____

Date : _____



Membership Number

Family Number

1. Acceptance of Membership

1.1 The decision to accept the application of a potential member shall be at the sole discretion of the Croi Fitness Club. Croi Fitness Club reserves the right to verify, or require proof of all information given to obtain membership and any fraudulent or wrongful information given in order to obtain such membership could result in the cancellation of all membership rights and lead to the repayment of all monies due to Croi Fitness Club. If the membership application is accepted by Croi Fitness Club, membership of Croi Fitness Club by the applicant shall commence upon receipt of the date of this agreement. Upon acceptance of the member by Croi Fitness Club, a membership card shall be issued by Croi Fitness Club. The membership card remains the property of Croi Fitness Club and entitles the holder to all the rights and privileges exercisable by the category of membership of the holder.

1.2 Membership cards are issued to all current members. Membership cards may only be used by the registered member and any fraudulent use of the membership card by the member could result in cancellation of the membership with no refund being made by Croi Fitness Club.

2. Limitation of Liability

2.1 The member acknowledges that the Croi Fitness Club's obligations and liabilities in respect of the Croi Fitness Club are defined in this agreement and/or within the Regulations Applicable to All Users.

2.2 The member is responsible for the consequences of any use of any of the facilities of Croi Fitness Club. Croi Fitness Club will not be liable for any indirect or consequential loss, damage, costs, expenses, theft or damage to property, whether arising under contract, or otherwise.

3. Physical Health of Member

3.1 The member warrants and also represents that he/she is in good health and is not knowingly incapable of engaging in either active or passive exercise. The member further warrants that such exercise would not be detrimental to their health, safety, comfort, well-being or physical condition.

3.2 Before using the Gym, the member must first complete a Gym screening form.

4. Membership

4.1 The categories of membership are Adult, Student & Family only. All categories of membership shall be subject to these Terms and Conditions of Membership which are in force at the time.

4.2 Other categories of membership shall be stipulated by Croi Fitness Club from time to time.

4.3 Membership includes access to the Gym and use of its facilities during opening hours. There may be an additional charge for some classes and extra personal training which may run from time to time.

4.4 Members are required to wear the appropriate clothing for all activities.

4.5 All members are required to carry a towel and water bottle while training.

Continued...

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Membership Number

Family Number

5. Membership Charges & Payment Options

5.1 All members are liable to pay all annual or monthly membership fees irrespective of actual usage of Croi Fitness Club facilities.

5.2 Croi Fitness Club reserves the right to increase Membership fees on a yearly basis.

6. Expulsion of Members or Termination of Membership by Croi Fitness Club

6.1 Croi Fitness Club may expel members or may terminate the membership of any member:

- **6.1.1** without notice and with immediate effect if the member's conduct, whether or not such conduct is the subject of a complaint by another member or group of members, is such that in the reasonable opinion of Croi Fitness Club, it may be injurious to the character, name or interests of Croi Fitness Club or is such that it renders the member unfit to associate with other members of Croi Fitness Club.
- **6.1.2** By notice in writing if any part of the annual membership fee or monthly membership charge which is due and payable remains unpaid thirty days after the due date for payment.

6.2 Lapses in membership payment may incur an Administration charge.

6.3 A member whose membership is terminated by Croi Fitness Club, shall forfeit all privileges of membership with immediate effect without an entitlement to any claim for any refund of their annual or monthly membership fee. On termination of their membership, the member shall return forthwith their membership card.

7. Croi Fitness Club Facilities

7.1 Croi Fitness Club reserves the right to make reasonable alterations to the type of facilities provided without notice and Croi Fitness Club shall not be liable for any inconvenience caused by building works and for the provision of essential maintenance services, due to matters beyond our control.

8. Hours of Opening

8.1 Information in relation to Croi Fitness Club's normal hours of operation and the opening hours of the facilities are available from Croi Fitness Club upon request. Such hours may be lengthened or shortened at the absolute discretion of Croi Fitness Club with or without any prior notice being given to members. Croi Fitness Club shall endeavour to give members reasonable notice of change to such hours.

8.2 On occasions when necessary maintenance is required, Croi Fitness Club, or parts thereof, may be closed, for which members will be given at least seven days prior notice of any such closure. Any refund given as a result of closure will only be made at the sole discretion of Croi Fitness Club.

I have read & agree to accept the terms and conditions of membership

Signature: _____

Date: _____