



ULTRAFLEX GYM

Membership Application and Agreement

(Please complete all sections in BLOCK CAPITALS)

Personal Details

Full Name: _____

Date of Birth: _____

Mobile Number: _____

Address: _____

Postcode: _____

Next of Kin/Emergency Contact: _____

Doctor's Name: _____

Doctor's Phone Number: _____

Email: _____

Declaration

1. My membership includes access to the gym facilities and an induction session. I have provided accurate health information through the PAR-Q form as required.
2. I will ensure timely payment of my membership fees and acknowledge that failure to pay may result in a **£75 administration fee** and referral to a debt collection agency (this is not applicable to day/week passes).
3. The gym reserves the right to deny entry, terminate memberships, and alter facility hours, pricing, and equipment availability without notice. Memberships are strictly non-transferable, non-negotiable, and non-refundable.
4. I agree to follow all gym rules, which include:
 - Replacing weights and unloading machines after use.
 - Avoiding any damage to gym equipment or property and reporting any hazards immediately.
 - Using only the gym's designated machine pins and refraining from bringing personal pins or removing gym pins.

5. I understand that the gym is not responsible for personal injuries, loss, or damage to my belongings.
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Health and Safety Agreement

As a member of UltraFlex Gym, I agree to:

- Attend a gym induction, or if declined, assume responsibility for safe and appropriate equipment use.
 - Wear proper workout attire and footwear.
 - Refrain from gym use under the influence of alcohol or any substances.
 - Use equipment as instructed by staff, seeking assistance if needed.
 - Acknowledge that CCTV is in place to enhance safety and monitor accidents.
 - Report any spills or hazards to staff immediately to prevent injury or accident
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PAR-Q Form

All members, including those with day/week passes, must complete this form. Access to the gym will be denied without completion.

Health Questions (Circle Yes/No):

- Have you been advised to engage only in medically supervised physical activity? YES / NO
- Do you experience chest pain during or after physical activity? YES / NO
- Have you experienced loss of balance, dizziness, or loss of consciousness? YES / NO
- Do you have any bone, joint, or other medical issues that could impact your exercise routine (e.g., diabetes, high blood pressure)? YES / NO
- Are you currently pregnant or have you given birth within the past six months? YES / NO
- Have you had recent surgery? YES / NO

If you answered **YES** to any question or have concerns about exercising safely, **please consult your doctor before beginning exercise.**

Additional Health Information: Do you have any chronic illnesses, injuries, or medications? YES / NO



If yes, please specify:

How does this impact your ability to exercise or achieve your fitness goals?

Ice Bath & Infrared Sauna Waiver

Before using the UltraFlex ice baths or infrared sauna, read and agree to this waiver.

Disclaimer: By signing, you waive certain legal rights, including the right to sue. You certify that you:

1. Understand and accept all risks associated with using ice baths and sauna.
2. Have consulted a healthcare provider if needed.
3. Will avoid using these facilities if you are pregnant, on medication, or have conditions like heart issues, pacemakers, infections, or recent surgeries.

Signature: _____

Date: _____

Terms & Conditions

Effective from October 1, 2024, until further notice, unless other terms are provided.

1. Membership Agreement

1.1 Membership starts upon acceptance of terms in person or 7 days after acceptance if off-premises, or upon entering the gym.

1.2 Your membership begins immediately, granting privileges applicable to your chosen membership type.

1.3 Members must be 16 or older. Junior Membership applies to those aged 14–16.

1.4 Membership is strictly non-transferable.

1.5 UltraFlex reserves the right to refuse applications or membership renewals without explanation.

2. Fees and Charges

- 2.1 Full payment is due with the first Direct Debit and is non-refundable.
- 2.2 All members must meet the agreed number of Direct Debit payments monthly, regardless of attendance. For 12-month contracts, at least 12 payments are required.
- 2.3 - Members who join online are entitled to a 14-day cooling-off period during which they can cancel their membership without any obligations. However, for memberships initiated in person at the gym, the agreement becomes binding immediately upon signing.
- 2.4 Non-payment exceeding one month may result in debt referral to a third-party agency. All associated recovery costs will be borne by the member.
- 2.5 Any leniency in payment will not restrict UltraFlex from enforcing terms in the future.
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3. Membership Renewal

- 3.1 Membership fees may be adjusted with one month's notice.
- 3.2 After the minimum Direct Debit payments, membership continues on a rolling basis with monthly payments. Refunds are not provided.
- 3.3 For prepaid 12-month memberships with a free initial period, the membership will renew at the monthly rate unless cancelled within 30 days of the final payment.
- 3.4 Renewal Direct Debit changes will be communicated in writing with one month's notice.
- 3.5 Non contracted Memberships require a 30-day email notice for cancellation. For 12-month contracts, all payments must be made before cancellation notice.
- To give notice please contact Ashbourne membership management services memberships@ashbournemanagement.co.uk.
- 3.6 Special offer memberships require at least six payments before requesting cancellation, with reasonable causes such as relocation or health issues.
- 3.7 Prepaid 3, 6, or 12-month fees are strictly non-refundable.
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4. General Terms of Membership

- 4.11 UltraFlex is not responsible for the use of free parking at its gyms; parking is at the owner's own risk.
- 4.2 Compliance with UltraFlex's "Rules of Membership" displayed in the gym is mandatory.
- 4.3 UltraFlex reserves the right to amend these rules and terminate memberships if behavior is detrimental or offensive.
- 4.4 Members are responsible for their own health and safety.



- 4.5 For 24/7 locations, note that staff may not be present between 9 pm–6 am on weekdays and 8 pm–8 am on weekends. Emergency call buttons are provided.
- 4.6 Disabilities or health conditions must be disclosed before using gym facilities.
- 4.7 Changes in health must be reported immediately.
- 4.8 UltraFlex is not liable for undeclared health conditions.
- 4.9 Report accidents to staff immediately.
- 4.10 A free induction session is offered and recommended.
- 4.11 UltraFlex is not liable for use of free parking at UltraFlex gyms are at the owners risk.
- 4.12 Parking is managed by external providers where applicable.
- 4.13 Entry is only permitted through designated entrances.
- 4.14 Pets, except for guide dogs, are not permitted.
- 4.15 Personal belongings should be stored in lockers, and UltraFlex is not responsible for loss or damage. No over night use of lockers, lockers will be emptied every evening before closing time by staff. If your site has 24/7 access the use of lockers is not permitted when the gym is unmanned.

5. Junior Membership

- 5.1 Junior members (ages 14–16) must always be accompanied by an adult (18 years or older).
- 5.2 Junior members may only use equipment under direct adult supervision and must adhere to safety guidelines.
- 5.3 Junior members can not set up a Direct Debit membership (min age 18) however this could be done using parents or guardians bank account.

6. Liability and Waiver

- 6.1 Members assume the risks of injury or damage associated with gym use and release UltraFlex from liability.
- 6.2 Members confirm they are in good health and accept responsibility for any risks.

7. Assignment of Agreement

UltraFlex reserves the right to assign this agreement to a third party without affecting membership rights.



This agreement is governed by English law.

Date: _____

Signature: _____