

# THE SLAB STRENGTH AND CONDITIONING

(Pty) Ltd 2013/159306/07

## MEMBERSHIP CONTRACT

NAME AND SURNAME	
CONTACT NUMBER	
EMAIL ADDRESS	

D.O.B.		WORK NUMBER:	
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RESIDENTIAL ADDRESS	
POSTAL ADDRESS	

EMERGENCY CONTACT		CELL NUMBER	
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### **Membership:**

Standard Student monthly membership* - Unlimited R 660.00	<input type="radio"/>
Standard Adult monthly membership - Unlimited R 990.00	<input type="radio"/>
Competitor & Advance monthly membership - Unlimited R 1,375.00	<input type="radio"/>
Private Sessions – Per Hour and must be pre-booked R 450.00 p/h	<input type="radio"/>

\* Student Card / Registration Papers / Credentials must be provided

Drop-in - once off fee per drop-in R 150.00	<input type="radio"/>
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SIGNED AT	
DATE OF SIGNATURE	
SIGNATURE	

# **Terms & Conditions**

## **Cancellation of contract:**

If you wish to cancel your contract at the end of your term, we require a calendar month's notice in writing.

## **Payment:**

The monthly fee is payable in advance on or before the 5<sup>th</sup> of every month.

Payment details and fee specified are provided in this Agreement.

Fees charged may be subject to change which may occur from time to time. Such increases will typically be applied on an annual basis to be communicated by The Slab Strength and Conditioning. All increases will be done in writing and appear in the new annual contract.

## **Banking details:**

ACCOUNT NAME	THE SLAB STRENGTH AND CONDITIONING
BANK	FIRST NATIONAL BANK
ACCOUNT NUMBER	6243-7907-506
BRANCH	25065500
REFERENCE	YOUR INITIAL AND LAST NAME

## **Waiver, informed consent, and covenant not to sue**

This form is an important legal document. It explains the risks you are assuming by partaking in The Slab Strength and Conditioning training program. It is critical that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided.

I, the undersigned, have volunteered to participate in a program of physical exercise under the direction of The Slab Strength and Conditioning Instructors, which will include but may not be limited to, weight and/or resistance training. In consideration of The Slab Strength and Conditioning agreement to instruct, assist, and train me, I do here and forever release and discharge and hereby hold The Slab Strength and Conditioning, harmless from any and all claims, demands, damages, rights to action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting therefore. I understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also understand that the fitness activities involve a risk of injury and even death and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I indemnify The Slab Strength and Conditioning training methods and the premises in which the program is conducted and I hold them harmless against any claims that may arise as a result of my participation in this program. I hereby agree to expressly assume and accept any and all risks of injury or death.

- I hereby further declare myself to be physically sound and suffering from no condition that would prevent my participation or use of machinery or equipment.
- I hereby further declare that I have not had a physical examination and have chosen to participate.
- I hereby further declare that I will participate without the approval of my doctor and do hereby assume all responsibility for my participation and activities, and utilisation of machinery and equipment in my activities.
- I hereby indemnify The Slab Strength and Conditioning.

I acknowledge that I have thoroughly read this waiver and release and fully understand that it is a release of liability. By signing this document, I am waiving any right my successors or I might have to bring a legal action or assert a claim against The Slab Strength and Conditioning

## **Use of pictures(s)/film/likeness:**

I agree to allow The Slab Strength and Conditioning, its agents, officers, principals, employees and volunteers to use picture(s), film and/or likeness of me for advertising purposes. In the event I choose not to allow the use of the same for said

purpose, I agree that I must inform The Slab Strength and Conditioning of this in writing.

I have read and understand the Terms and Conditions of the contract and acknowledge that this is a legally binding document

PRINTED FULL NAMES	
IDENTITY NUMBER	
DATE OF SIGNATURE	
SIGNED AT	
SIGNATURE	