

# Armoured Muscle Gym Membership Form



Please circle choice

Type	Day Pass	Flexi Pass	Monthly DD	Annual
Standard	8	28	26	260
Concession*	6	21	19	190

\*Concession rates available for Blue Light Card, Defence Discount Card, Education, Under 18's & Seniors (65+)

*Staff to annotate account appropriately*

Members Details		
Full Name		
Email		
I would like to receive email news, offers and updates about the gym	Y/N	
I accept the T&C's and Privacy Policy, signed	.....	
DOB		Under 16's to use consent form
Address		
Postcode		
Contact No.		
Name on Acct		Staff Only
Acct No.		Concession ID Type
Sort Code		.....

Please complete the Physical Activity Readiness Questionnaire overleaf

# Physical Activity Readiness Questionnaire

If you are between the ages of 15 and 69, this PAR-Q will recommend if you should check with your doctor before you significantly change your physical activity patterns. If you are over 69 years of age and are not used to being very active, check with your doctor. Please read each question carefully and circle YES or NO:

- Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor? Y/N
- Do you feel pain in your chest when you do physical activity? Y/N
- In the past month, have you had chest pain when you were not doing physical activity? Y/N
- Do you lose balance because of dizziness or do you ever lose consciousness? Y/N
- Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? Y/N
- Is your doctor currently prescribing medication for your blood pressure or heart condition? Y/N
- Do you know of any other reason why you should not take part in physical activity? Y/N

**I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury. If having answered YES to any one of the questions, I have sought medical advice and my GP approval to exercise.**

Name\_\_\_\_\_Date\_\_\_\_\_Signature\_\_\_\_\_

Please book an optional induction if you are unfamiliar with gym exercise and equipment. Allow 2 working days for your account to be generated manually. **Your member number is your entry code.**



**Manage your membership, see your member No. and more with the app**

