

I hereby apply for
corporate membership of Fitness First Health Clubs Limited. I agree to abide by the Fitness First Corporate
**Membership Terms & Conditions, as detailed below, or as varied thereafter. I hereby state I am a current employee of
and confirm my eligibility for this membership benefit:**

Important Note: If you are an existing member of Fitness First, you can be transferred on to your new company corporate plan, however, the cut-off date for changes is 20th of the month to be processed for the 1st of next month.

PLEASE COMPLETE IN BLOCK CAPTIALS
Personal details *mandatory fields

Are you already a member of Fitness First?
Enter your current FF club name and membership number here

Title*
Gender*

*You must be 16 years or over and if under 18 this form must be signed by your parent/guardian.

First name(s)*
Surname*
Email*
Home Address 1*
Home Address 2*
Home Town/City*
Postcode*
Home Telephone*
Mobile Telephone*
Work Telephone*
Membership options
Club Access*

Please delete as appropriate

Home Club*

Please enter your preferred choice of club

Membership Term*
Start date*
Next of kin
Name*
Contact number*
Please sign below or check the box if using the digital version
Signature*

Date*
What is my financial commitment?

1. Please refer to your HR administrator for who will be able to advise on the specific company agreement regarding rates and commitment.
2. We may decide to increase our membership fees at your companies' renewal, but your HR contact will confirm any rate changes to you in advance.

Please read these terms of your membership and initial to accept them.

What clubs can I use and when?

3. We have several club tiers (tier one being the highest). The clubs you can use depend on the club tier and type of membership you have chosen (see the 'My Membership' box). If you have Multiclub membership, you can use the clubs within your tier and in any tier below. Clubs may change tier over time, but you can see a full up-to-date list of all our clubs and their tiers on our website and in our clubs. You must join the club you will use most often. If, over a two-month period, you use another club more than your home club, we have the right to transfer your membership to the club you use most often and this may affect your membership fees. If you have single-club membership, you can only use the club you join (your home club). If you have off-peak membership, you can use your home club during limited times only. Before signing the membership agreement, please make sure you are aware of all of the membership options and which club (or clubs) your membership allows you to use, including club tiers and access times. Please note that our Berkeley Square club is not included in multiclub use as the building's landlord restricts public access for security reasons. Please speak to a member of staff if anything is unclear.

Please read these terms of your membership and initial to accept them.

What if I want to leave or stop going to my club?

4. If you want to leave this corporate scheme please contact your HR administrator for whom will be able to advise if you have completed your minimum term in order to be removed from the scheme.
5. You can cancel your membership within 14 days of joining and we will not invoice your company for this period should you cancel within the first 14 days after joining the scheme.
6. Your membership will automatically continue at the end of the minimum term unless you give us one full calendar month's notice to your HR contact. (Your one month's notice must end on the last day of the month.)
7. You can cancel your membership at any time if we seriously break these terms and conditions or if your circumstances change to such an extent that it is not possible for you to continue to use your home club's facilities (for example, you have an injury, become pregnant, move to a different workplace, move house or are made redundant). We will need to receive documents as proof of the change in your circumstances by the 15th of the month in order to cancel your membership at the end of that month. If we receive documents after the 15th of the month your final membership fees will be taken the following month and your membership will be cancelled at the end of that month. We will refund any fees you have paid upfront for a membership period that has not yet passed. We can cancel your membership if: you have seriously broken the club rules or any terms of this contract; you do not pay any fee or charge within seven days of the date it was due, and we have written to you and given you a further 14 days to pay (so the fee or charge is more than 21 days late); or your home club permanently closes. (If this happens, we will refund any membership fees you have paid for a period of membership that has not yet passed, if this applies.)

Please read these terms of your membership and initial to accept them.

What else should I know?

8. Our staff, agents and subcontractors are not medically qualified so if you have any doubts about your fitness or capability to exercise, we strongly recommend that you get advice from a doctor first. For safety reasons, you are responsible for correctly using all club facilities. If you are not sure how to use any equipment, always ask a member of staff.
9. Personal trainers at our clubs are self-employed. Any service they provide is a contract between them and you and we cannot accept any responsibility if a personal trainer breaks the contract or is negligent, unless the negligence results in injury or death.
10. We will not be liable to you for any loss, damage or theft of any property you bring onto our premises while it is not in a locked locker. The most we will pay you for any loss, damage or theft to property while it is in a locked locker is £500 (for any one incident) if the loss, damage or theft is caused by our (or our employees', agents' or subcontractors') negligence.
11. You must keep to our club rules, which are available in our club and online at fitnessfirst.co.uk/Club rules. We may change our club rules if this is reasonably necessary. We will give you plenty of notice if we decide to do this. We can transfer all or any part of our rights or responsibilities under this contract to another organisation, but this will not affect your rights under the contract.

Please read these terms of your membership and initial to accept them.



Health Commitment Statement™

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Fitness First

Your health is your responsibility. The management and staff of this organisation are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we have carefully considered what we can reasonably expect of each other.

Our commitment to you

1. We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.
2. We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
3. We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.
4. If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.

Your commitment to us

1. You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
3. You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first-aid training.
4. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

Please sign or check box if using digital version to confirm you have read and agreed to the Health Commitment Statement.

Signature:

Print name:

Date:



This statement is for guidance only. It is not a legally binding agreement between you and us and does not create any obligations which you or we must meet.

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