
BODYWORKS **FITNESS CENTRE**

Newlands Bldg. Lowlands Industrial Estate, Braye Road, Vale, Guernsey GY3 5XJ

Telephone: 242996

Welcome to BodyWorks!

Joining Bodyworks couldn't be simpler. No Joining Fees.

You have lots of options and here is how it works.

Please read the following explanation carefully!

For the widest choice and best rates choose the **Membership Category** and **Payment Option** from the selection below.

Should you prefer not to join BodyWorks as a continuing member and pay by the month, week or day, please have a look at the short term and casual membership section for alternative prices.

Membership Option 1: *Pay for the first 3 months in advance and fill out a Standing Order Form*

Or

Membership Option 2: *Pay for 1 year and receive a discount.*

A membership key card to unlock the gym door at the specified times for the type of membership that you choose will be issued to you.

Here are the 4 types of continuing memberships available at Bodyworks:

1) STEEL Membership

9:00 AM - 3:00 PM

A) Initial 3-month payment of **£134.97**.

Monthly payments thereafter paid via Standing Order = £44.99.

or

B) Annual in advance: only **£510.00** You **SAVE £29.88**

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GOLD Membership

8:00 AM - 8:00 PM

A) Initial 3-month payment of **£164.97**.

Monthly payments thereafter paid via Standing Order = £54.99.

Or

B) Annual in advance: only **£618. You SAVE £41.88**

PLATINUM Membership

24 hr. "round-the-clock" access

A) Initial 3-month payment of **£194.97**.

Monthly payments thereafter paid via Standing Order = £64.99.

or

B) Pre-paid annual in advance: only **£719. You SAVE £60.88**

TITANIUM Membership

24/7 with Personal Training.

This Package includes (as requested): Individual Assessment, Program Design, Nutritional Program and Weekly Training Sessions (will range from between 45-60 minutes).

A) Initial 3-month payment of **£687.00**

Monthly payments thereafter paid via Standing Order = £229.00

or

B) Pre-Paid annual in advance: only **£2499. You SAVE £249**

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07781 103636

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Short Term & Casual Memberships Option (this is if you do not want to sign up as a standing member):

1 Day Pass £ 10.00 (By Appointment)

1 Week Pass £ 29.99

1 Month Pass £74.99

The Pre-paid EXPRESS CARD . This is a convenient pre-paid card with 2 or more visits to the gym preloaded. The EXPRESS Card will allow gym entrance between 08:00 and 20:00 7 days a week, 365 days a year and can be used whenever you need a workout without the necessity of actually joining the gym. Available for a minimum purchase of 2 visits up to any amount that you need.

Personal Fitness Training:

Professional supervised personal fitness courses and training, individually tailored to your needs and requirements, is available at Bodyworks from Alex Anderson.

BodyWorks has all the tools and expertise to help you attain your health, fitness and conditioning goals. Utilizing a wide spectrum of specialized fitness & conditioning technologies we can take you from beginning through intermediate to advanced levels of general and sport specific fitness. These facilities are available to assist members who are seriously interested in expediting their progress in weight loss, general fitness, muscle toning, endurance, bodybuilding, combat and cardiovascular conditioning.

About Alex Anderson

Alex Anderson has over 40 years of combined experience as a fitness trainer and competitive bodybuilder (NABBA Mr. Channel Islands 1992, 1993 & 1994, EFBB Channel Islands Bodybuilding Champion, etc.), including 2 years as a fitness instructor for the U.S. Army's Ranger Indoctrination Program at Scofield Barracks, Hawaii.

Alex is an American College of Sports Medicine & National Amateur Bodybuilding Association Certified Fitness Trainer as well as a past member of the National Strength Coaches Association (NCSA). He holds Diplomas in Nutrition (S.N.H.S. Dip), Neurolinguistic Programming (NLPe Dip), Hypnotherapy (S.N.H.S Dip.). He also has had a varied and full experience recovering from and rehabilitating a wide spectrum of injuries and subsequent surgical operations.

Alex brings a unique collection of exciting technical, psychological and motivational skills to the field of personal fitness training and will be a useful asset & guide to maximizing your progress & facilitating your health & fitness goals.

Alex is originally from Los Angeles, California. He graduated from Santa Monica College and attended the University of California. Training for many years at the world famous Gold's Gym in Venice Beach, has been running gyms, training & living in Guernsey since 1991.

BODYWORKS FITNESS CENTRE

Contact Information

Name _____

Address _____

Tel No Home _____

Tel No Work _____

Mobile _____

E-mail _____

Personal Details*

Date of Birth _____

Profession _____

Recent fitness/exercise history:

How did you hear about us? _____

** This is for our information only and will remain confidential to the staff of Bodyworks Fitness Centre*

Payment Methods, Membership Types and Discount Rates For Prepayments.

Steel	Access between the hours of 9:00AM and 3:00PM 7 days a week £44.99/Month <i>prepay and save £20.88</i>				£510/Year
Gold	Access between the hours of 8:00AM and 8:00PM 7 days a week £54.99/Month <i>prepay and save £41.88</i>				£618/Year
Platinum	24 hour access 365 days a year £64.99/Month <i>prepay and save £60.88</i>				£719/Year
Titanium	24 hour access Prestige category benefits including Personal Fitness Training. £229/Month <i>prepay and save £249</i>				£2499/Year
Other Categories	STUDENT £324.99/YR per visit (09h00-20h00)	MONTHLY £74.99/MO (08h00-20h00)	WEEKLY £29.99/WK (08h00-20h00)	Daily £ 10.00	EXPRESS CARD Number of visits?

FOR OFFICE USE ONLY

Payment Method	Tasks
<input type="checkbox"/> Cash	<input type="checkbox"/> Payment Made
<input type="checkbox"/> Cheque	<input type="checkbox"/> Standing Order Received
<input type="checkbox"/> Standing Order	<input type="checkbox"/> Card Issued
<input type="checkbox"/> Credit Card	<input type="checkbox"/> Photo Taken
<input type="checkbox"/> Other	<input type="checkbox"/> Gym Tutorial
Referral Source: _____	Date Joined: _____

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Bodyworks Fitness Centre Informed Consent Waiver

This is a legal document. Read it carefully. Make sure that you understand and agree with all statements before you place your signature hereto. A copy of this document will be furnished to you upon request.

I, INITIAL _____, have hereby enrolled in a program of strenuous physical activity including but not limited to aerobic exercise, weight training, boxing, martial arts training, stationary bicycling, various aerobic and resistance conditioning machinery offered by the BODYWORKS Fitness Centre. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program.

In consideration of my participation in the BODYWORKS Fitness Centre exercise program, I, INITIAL _____, for myself, my heirs and assignees, hereby release, THE DIRECTORS AND SHAREHOLDERS OF ANDTRADE Ltd., the BODYWORKS Fitness Centre and its employees from any claims, demands, and causes of action arising from my participation in this exercise program and any other activity hereafter undertaken on the BODYWORKS Fitness Centre premises.

I fully understand that I may injure myself as a result of my participation in the BODYWORKS exercise program and I, initial _____, hereby release, THE DIRECTORS AND SHAREHOLDERS OF ANDTRADE Ltd., the BODYWORKS Fitness Centre and its employees and staff from any liability now or in the future including, but not limited to heart attacks, muscle strains, pulls or tears, broken bones, cuts, bruises, shin splints, heat prostration, head injury, knee injury, lower back injury, foot injury and any other illness, soreness or injury or condition however caused, during, or after my participation in this exercise program.

I, INITIAL _____ understand that Bodyworks Fitness Centre is a facility that is accessible by members 24 hours a day, 7 days a week, 365 days a year. At certain times during the day and evening hours professional supervision may not be available. I therefore acknowledge full responsibility for my actions should any type of injuries occur to myself or others as a result of my actions at any time while attending BODYWORKS, whether or not under supervision of a member of staff.

Should my actions result in any way, manner or form of destruction or damage to any item of property, including fixtures, fittings or glass owned by bodyworks fitness centre or otherwise on its premises, I, PRINT NAME _____ promise to pay to Bodyworks the full restitution value of the item(s) thus affected by my actions.

My signature beneath signifies that I am knowledgeable and familiar with the correct safety procedures regarding all activities engaged in and safe use of all equipment upon these premises, and if not, that I will seek qualified instruction and will not attempt to use any BODYWORKS Fitness Centre equipment, engage in any activity or undertake any endeavor whatsoever until I am confident in the correct use of said equipment and satisfied with my knowledge of the proper application and safety guidelines with regard to such procedures.

I hereby affirm that I have read, understood and am in full concordance with the above statements and willingly subscribe to the contract that they imply.

Print Name

Signature

Date



STANDING ORDER MANDATE

To (Your Bank):	Branch:
Address:	Postcode:

Payer ACCOUNT Information

Until canceled or further notice is given by me/us in writing please debit my/our account:

Sort Code:

Account Number: _____

Name On Account: _____

Please pay:	HSBC Bank Plc.
<u>Beneficiary</u>	
Sort Code:	40-22-25
Account Number	62845687
Name:	AndTrade Ltd T/A Bodyworks Fitness Centre
Please Quote Reference:	GYM 3

Payment in the amount of:	£44.99 £54.99 £64.99 £229.00 (Circle amount as appropriate)			
	First Payment to be debited on:	_____ (Day)	_____ (Month)	_____ (Year)
Frequency:	Monthly Deducted on: _____ day of each month thereafter.			

Signature(s): _____

Date: _____

BODYWORKS

FITNESS CENTRE

By attending Bodyworks, you tacitly agree to ALL of the following rules & regulations:

- 1) PUT ALL WEIGHTS AWAY SO THAT THE NEXT MEMBER CAN EASILY FIND THE WEIGHT HE/SHE IS LOOKING FOR.
- 2) **KEEP IT CLEAN!** Clean up after yourself. DO NOT WEAR DIRTY OR MUDDY BOOTS/ SHOES IN THE GYM OR YOU WILL BE ASKED TO LEAVE.
- 3) NO GUESTS WITHOUT PRIOR PERMISSION. CHECK WITH ALEX IF YOU ARE UNCLEAR ABOUT THIS RULE.
- 4) Do not drop weights. IF YOU HAVE TO DROP THEM, THEY ARE PROBABLY TOO HEAVY FOR YOU TO LIFT IN THE FIRST PLACE.
- 5) PLEASE BE COURTEOUS TO OTHER MEMBERS AND DO NOT LEAVE THE EQUIPMENT SWEATY. DO WIPE ALL PERSPIRATION OFF ALL BENCHES & EQUIPMENT.
- 6) PLEASE DO NOT BLOCK ACCESS TO A PIECE OF EQUIPMENT IF YOU ARE NOT USING IT. AT TIMES BODYWORKS DOES GET BUSY, SO PLEASE ALLOW OTHER MEMBERS TO WORK IN WHILE YOU ARE RESTING OR CHATTING.
- 7) YOU ARE LIABLE FOR BROKEN MIRRORS. PLEASE DO NOT BREAK THEM UNLESS YOU WANT TO PAY FOR THEM.
- 8) PLEASE ENSURE THAT YOU PAY FOR ALL DRINKS & SNACKS FROM THE PROTEIN BAR *AT THE TIME THAT YOU TAKE THEM.*
- 9) **Please note, that while you always have the option to upgrade or downgrade your membership type, memberships are not, under any circumstances, transferable between individuals.**
- 10) **If you are paying via standing order, *it is your responsibility to cancel it, should you opt to discontinue your membership.***

Your signature below signifies that you have read, will abide and are in full agreement with these rules.

Signature _____