

FOR OFFICE USE
Inw. No. :
Date :
Sign :

APPLICATION FORM

10% Less on all yearly packages

NAME OF MEMBER : _____ MEM.NO. : _____

Participant / s Details	Member : _____	Age : _____
	Spouse : _____	_____
	Daughter : _____	_____
	Child : (1) _____ (2) _____	_____

Charges*	✓	Any one person from family	✓	Any two persons from family	✓	Any three persons from family	✓	Any four persons from family
A. DAILY		Rs. 90/-		per person per session				
B. MONTHLY		Rs. 1,200/-		Rs. 1,900/-		Rs. 2,400/-		Rs. 2,800/-
C. QUARTERLY		Rs. 2,700/-		Rs. 4,300/-		Rs. 5,400/-		Rs. 6,300/-
D. HALF YEARLY		Rs. 4,500/-		Rs. 7,200/-		Rs. 9,000/-		Rs. 10,500/-
E. YEARLY		Rs. 7,500/-		Rs. 12,000/-		Rs. 15,000/-		Rs. 17,500/-
F. GUEST		Rs. 250/-		per person / per session				
		Rs. 5,000/-		per month				
G. OUTSIDE TRAINER		Rs. 400/-		per person / per session				
		Rs. 8,000/-		per month				
H. MASSAGE		Rs.350/- Mem		Rs.550/- Guest		per session of 45 minutes		
I. HEAD MASSAGE		Rs. 85/- Mem		Rs.150/- Guest		per session of 15 minutes		
J. ACUPRESSURE		Rs. 85/- Mem		Rs.150/- Guest		per session of 20 minutes		
K. GYM AEROBICS		Rs. 400/-		per month (with GYM Form)				
		Rs. 45/-		per day				
		Rs. 600/-		per month (Without GYM Form)				
L. TOWEL		Rs. 40/-		per day				
M. NAPKIN		Rs. 20/-		per day				
N. SHOWER/STEAM		Rs. 20/-		one time				*GST extra as applicable.

Rules

1. Strict discipline should be maintained in the Health Centre.
2. Name & Mem.No. should be entered in Register properly, before entering the Health Centre / Aerobic area.
3. Compulsory use of towel / napkin in Health Centre.
4. Proper dress code to be observed in the Health Centre. (As per Health Centre Bye-Laws)
5. After completing exercise all equipments, weights, props etc. to be kept at the designated place.
6. Member enrolling for only Aerobics shall be charged separately for use of steam/sauna/shower facilities.
7. Valuables should be kept in the lockers in the changing room.
8. No smoking / No food / No littering.
9. Outside Shoes / chappals to be removed before entering the Health Centre.
10. Children below 14 yrs not permitted in the Gymnasium.

w.e.f. 1st January, 2019

Timings

MORNING	: 6.00 am to 1.30 pm
SUNDAY	: 6.00 am to 12.00 noon
EVENING	: 3.45 pm to 9.30 pm
SUNDAY	: 5.00 pm to 8.00 pm

(Separate timings for Public Holidays)

Note

1. Form should be submitted latest by the 10th of a particular month.
2. No request whatsoever for refund / extension / adjustment against any other activity will be entertained once the form is submitted.
3. The Club shall not be responsible in any way for injuries, accident or death to member or his family members or his guest during exercise in Health Centre / Aerobic area.
4. Members will have to abide by the management's decision in case of any discrepancy.