Gym membership application form

Member details

Please complete this form to apply for membership at **[Gym Name]**. Your details are used to set up your membership, issue your access card and contact you about your account.

Contact details

First name *

Last name *

Phone

Email *

Date of birth *

Home address *

Membership choice

Choose the membership you would like and the date you want it to start. Prices and terms for each option are set out in the membership agreement below.

Membership type *

- ◯ Monthly
- ◯ Annual
- ◯ Off-peak
- ◯ Class pack
- ◯ Student
- ◯ Family or couple

Preferred start date *

Payment method preference *

- ◯ Direct debit or bank transfer
- ◯ Card on file
- ◯ Pay in full upfront
- ◯ Pay at reception

Do not enter card or bank details in this form. **[Gym Name]** will collect billing details separately through its secure payment system.

Emergency contact

Please give someone we can contact if you are taken ill or injured at the gym.

Emergency contact name and relationship *

Emergency contact phone number *

Health screening

These questions help identify whether you should speak to a doctor before starting or increasing physical activity. Answer them honestly. If you tick any condition, **[Gym Name]** may ask for medical clearance before you train.

Please tick any that apply to you

- [ ] A doctor has said I have a heart condition or should only do medically supervised activity
- [ ] I feel pain in my chest during physical activity or at rest
- [ ] I lose balance because of dizziness or have lost consciousness
- [ ] I have high or low blood pressure
- [ ] I have a bone, joint or soft tissue problem that could be made worse by exercise
- [ ] I have diabetes, asthma or another chronic condition
- [ ] I am pregnant or have given birth in the last six months
- [ ] I take prescribed medication that may affect exercise
- [ ] None of these apply to me

Details of any conditions, injuries, medication or recent surgery

Membership fees

I agree to pay the fees for the membership I have chosen:

- Membership fee: **[Monthly Fee]** per month, or **[Annual Fee]** per year for annual memberships
- Initiation or joining fee: **[Initiation Fee]**, payable once when the membership starts
- Access card replacement fee: **[Card Fee]**

I understand that fees are payable in advance on the billing date shown in my membership confirmation. If a payment fails, **[Gym Name]** may retry it, charge a reasonable failed-payment fee where allowed, and suspend access until the balance is paid.

[Gym Name] may change membership fees by giving me at least **[Notice Period]** written notice. If I do not accept a change, I may cancel under the cancellation terms below.

Minimum term and auto-renewal

My membership has a minimum term of **[Minimum Term]** from the start date.

After the minimum term, my membership will continue automatically on a **[Renewal Period]** basis at the current rate until I cancel. Annual memberships renew for a further year unless I cancel before the renewal date.

[Gym Name] will send me a reminder before an annual membership renews where applicable law requires it.

Freezing your membership

I may freeze my membership for between **[Minimum Freeze]** and **[Maximum Freeze]** per year by asking reception or sending a written request before my next billing date.

A freeze fee of **[Freeze Fee]** per month may apply. A freeze extends any minimum term by the length of the freeze. Freezes for medical reasons may be allowed outside these limits with a doctor’s note.

Cancellation

After the minimum term, I may cancel by giving **[Cancellation Notice]** notice in writing, by email to **[Gym Email]** or at reception. Fees continue to be charged until the end of the notice period.

Cancelling during the minimum term may require payment of the remaining fees for that term, unless I am entitled to cancel early under applicable law or the gym’s policy, for example because of relocation, serious illness or injury.

I understand that consumer protection rules on gym contracts vary by state and country, and that nothing in this agreement removes any cancellation or cooling-off right I have under applicable law.

[Gym Name] may suspend or end my membership if I seriously or repeatedly break the facility rules, behave in a threatening or abusive way, or fail to pay fees.

Guests and access cards

I may bring a guest under the gym's guest policy: **[Guest Policy]**. Every guest must sign the gym's waiver before using the facilities, and I am responsible for my guest's behaviour.

My access card or app pass is personal to me. I will not lend it to anyone or let others into the building with it. I will report a lost or stolen card promptly. Misuse of an access card may lead to suspension or cancellation of my membership.

Facility rules

I agree to follow the facility rules displayed at the gym and any instructions from staff, including:

- Wear suitable clothing and closed footwear in training areas
- Wipe down equipment after use and return weights to their racks
- Use equipment only as intended and ask staff if unsure how to use it
- Follow time limits on busy equipment and class booking rules
- Do not train under the influence of alcohol or drugs
- Treat other members and staff with respect
- Follow any additional rules for unstaffed hours, if the gym offers 24-hour access

Members under **[Minimum Age]** must have a parent or guardian's consent and follow any supervision rules set by the gym.

Fitness risks

I understand that exercise and the use of gym equipment, classes, personal training and other facilities involve risks, including:

- Muscle strains, sprains, soreness and joint injuries
- Injury from falling, slipping or dropping weights
- Injury from misuse or failure of equipment
- Overexertion, dizziness, fainting and dehydration

- Heart attack, stroke or other serious medical events, particularly for people with undisclosed health conditions
- Injury caused by other members

I am responsible for exercising within my limits, warming up, using equipment correctly and stopping if I feel pain, dizziness, chest discomfort or shortness of breath.

Assumption of risk and liability release

I voluntarily choose to use the facilities and services of **[Gym Name]** and accept the ordinary risks of exercise described in this form.

To the fullest extent permitted by applicable law, I release **[Gym Name]** and its owners, employees, trainers, instructors and contractors from claims for injury, illness or loss arising from the ordinary risks of exercise and gym use, from my failure to follow the facility rules or staff instructions, or from health information I withheld or gave inaccurately.

This release does not exclude or limit liability that cannot legally be excluded or limited, including liability for death or personal injury caused by negligence where the law does not allow it to be excluded, fraud, gross negligence, intentional misconduct or violations of mandatory consumer rights.

Lockers and personal belongings

Lockers are provided for use during my visit only. Items left in lockers after closing time may be removed. I will not store valuables in the gym where I can avoid it.

[Gym Name] is not responsible for loss of or damage to personal belongings, except where caused by its negligence or where applicable law provides otherwise.

Photos and video

The gym may take photos or video in its facilities for safety, security and marketing. CCTV may operate in public areas, but never in changing rooms or toilets.

Photo and video consent *

- ◯ I agree that photos or video of me may be used on the gym's website and social media
- ◯ Please do not use photos or video of me for marketing

Privacy and recordkeeping

I understand that **[Gym Name]** will keep the information in this form, including my health answers, to manage my membership, keep me safe while training, contact me or my emergency contact, and meet its legal, insurance and business obligations.

Health information will only be shared with staff and trainers who need it, or with emergency services. Information will be handled according to the gym's privacy notice and applicable data-protection laws.

Final declaration

By completing and signing this form, I confirm that:

- The information I have given is complete and accurate.
- I have answered the health screening honestly and will tell the gym about any changes to my health.
- I will get medical clearance before training if I have a condition that requires it.
- I agree to the membership fees, minimum term, auto-renewal, freeze and cancellation terms.
- I agree to follow the facility rules, guest policy and access card rules.
- I understand and accept the risks of exercise and the liability release.
- I understand that this agreement does not remove rights that cannot legally be waived.

Signature

☐ I have read, understood and agree to the Gym Membership Application Form and Membership Agreement above, including the membership terms, facility rules, health screening declaration and liability release. *

Signature *