

# FIGHTING FIT HEALTH CLUB

## Membership Card

Fighting Fit is a members only club. When you first join, we give you a computerized card. This has your name and membership number on. We also take you photo and use it for your identity card, which takes a few days to make.

Please have your card with you every time you use the club. The card is for your use only, and there is a small charge to provide a new one if you lose it. Members are permitted to bring guests to use the facilities at the club. A visiting guest fee is charged for each guest.

## Fitness Programs

Your fitness Program includes a meeting with one of our skilled instructors. This will happen two or three weeks after you have joined. The instructor looks at your health, your current needs and the way you live, and organizes a program suitable for you.

## Gymnasium

Our gymnasiums are the most modern in the area and have high quality exercise equipment. For safety reasons, sportswear and trainers must be worn while exercising, and please remember to take a small towel into the gymnasium too. It is one of our rules that you wipe the equipment after use.

There is no limit to how long you spend in the gymnasium, but we ask you to respect other members by only spending 20 minutes on each piece of equipment. There are experienced staff in the gymnasiums at all times, who will help you with the equipment and your exercise program, and answer your questions. You can make a half/hour appointment to discuss your progress if you prefer.

## Locker Room

We have large male and female locker rooms. Please ensure that your property is kept in your locker at all times. Any belongings which are found either in a locker or anywhere else overnight will be removed and taken to Lost Property. We cannot be responsible for any items which are lost in the club.

## Café

The café offers a relaxing space where you can help yourselves to free tea, coffee and soft drinks. You will also find cold snacks including sandwiches and a range of delicious salads at a very low cost.

## Suggestion Box

Members' suggestions, and comments - good or bad - are always welcome, and the suggestion box and forms can be found at reception. Please include your name and your membership number together with your comments. We try to respond within two days.

## True or False?

1. You are given an identity card as soon as you join the gymnasium.	TRUE	FALSE
2. Other people can use your membership card.	TRUE	FALSE
3. A program is organized for each member on their first visit.	TRUE	FALSE
4. You must wear certain kinds of clothes in the gym.	TRUE	FALSE
5. You must take a towel into the gymnasium.	TRUE	FALSE
6. You can spend as long as you like on all equipment.	TRUE	FALSE
7. Staff are always able to answer your questions.	TRUE	FALSE
8. You can leave personal items at the gymnasium for 24 hours.	TRUE	FALSE
9. You must pay for food in the café.	TRUE	FALSE
10. All complaints should be made directly to the receptionist.	TRUE	FALSE