



# ASPIRE ACTIVE

## MEMBERSHIP APPLICATION FORM

### Men's and Women's Fitness Exercise Courses

#### 1 MEMBERSHIP APPLICATION REQUIREMENTS

Please provide with your application:

- Signed *Health Screen Form*
- ID or passport copy (*male applicants must be over 18 and female applicants must be over 16 to apply*)
- 2 passport size photos
- 1 application form per person for family membership
- Cash payment (*card payments are not accepted*)

**Important – please note:**

- During Ramadan and summer months there will be a modified timetable
- During public holidays (Eid al Fitr, Eid al Adha), Christmas and New Year there may be a suspended or reduced timetable
- **All membership fees are non-refundable regardless of circumstances**

#### 2 MEMBERSHIP DETAILS

Please select membership type:

- Individual membership
- Family membership (*please see membership fee sheet for details on family membership*)

Please select membership category and period:

##### Women's Fitness

- 1 Month  plus *add-on*  
*(trial subscription for 1<sup>st</sup> time members only)*
- 3 Month  plus *add-on*
- 9 Month  plus *add-on*

Please specify selected *add-on*:

##### Men's Fitness

- 1 Month  plus *add-on*  
*(trial subscription for 1<sup>st</sup> time members only)*
- 3 Month  plus *add-on*
- 9 Month  plus *add-on*

Please specify selected *add-on*:

#### 3 PERSONAL DETAILS

First name:

Last name:

Date of birth:

day

month

year

Nationality:

ID/passport no:

Home phone no:

Mobile no:

Email:

Would you like to receive information from ASPIRE ACTIVE via SMS and email?

- Yes, in English
- Yes, in Arabic
- No

**!! Emergency contact details** (please provide a contact in case of emergency)

Name:

Contact no.:

Relation to applicant:

#### 4 MEMBER'S DECLARATION

Before signing this document, I have read, understand and agree to abide by the terms and conditions of the ASPIRE ACTIVE membership as defined on the back of this membership form.

Signature:

Date:

M   
F   
HSF

## 5 MEMBERSHIP TERMS & CONDITIONS

### Administration

- Membership is not refundable or transferable.
- You must be a current registered member of ASPIRE ACTIVE (AA), or carry a valid 'single use' pass before joining any AA class.
- Photo ID's (driving license or student card) must be carried and produced upon request for issue of a locker.
- New members should arrive early on their first day so as to orientate themselves with the areas before their scheduled exercise.
- Members are requested to attend a maximum of two classes per day.
- Non AA members are not allowed to access the exercise facilities to wait for family or friends. They may wait in the Main Reception or designated waiting areas specified by the AA staff.
- Children are not allowed to enter the facilities at any time unless escorted by a parent/guardian to an identified Children's Program class.
- It is not permitted to access or walk through ASPIRE facilities (DOME), such as the athletics track, which are not included in the ASPIRE ACTIVE program.
- AA management will in no way tolerate disrespectful or rude behavior towards AA staff. Warning letters may be issued and membership forfeited.

### Membership periods

- Membership is in calendar months only e.g. 1<sup>st</sup> – 31<sup>st</sup> January.
- Membership must be purchased during the previous month e.g. to join for the month of March you must subscribe and pay by the last day of February.
- AA encourages returning members to renew early to avoid long queues for customers at the end of the month.
- The 1 month membership is mandatory for first time subscribers as a period of trial. Minimum membership period for returning members (renewals) is 3 months and is always in consecutive months.
- Renewing members must provide their passbook to successfully renew their membership.

### Dress code

- Members must adhere to cultural guidelines. Modest dress is required when entering and leaving the premises, and while inside the premises nudity and exposure of underwear and midriff will not be accepted.
- Appropriate sports attire and shoes must be worn for active class participation. Entry to classes may be refused by AA staff if incorrect footwear or clothing is worn. Absolutely no jeans!

### Classes

- Members will not be allowed access to any class after 5 minutes of its start time. The door of the studio will be closed and AA staff will refuse entry to ALL late members without exception.
- Members must bring a towel to classes.
- No mobiles, bags or any other items (except towel and water) are allowed in the studios – they must be placed inside a locker in the changing room.
- No food is allowed inside the studios, including sweets and chewing gum.
- No photography allowed.
- All classes have a maximum capacity. AA staff reserves the right to refuse entry to members for a class that has reached max capacity even if it is before the scheduled start time.
- Teenage girls (12-16 years), if members, are only allowed to attend the 6pm dance based classes in the Ladies Club (please note during Ramadan and modified timetable periods these classes may be suspended or the times may be changed).
- Only classes marked on the timetable as mixed classes can be attended by men and women.

### Equipment guidelines

- Equipment is only to be taken out of storage facilities at the instructors request during a class and is to be replaced correctly after the class. All weights, steps and mats must also be put back neatly.
- No equipment may be taken out of any AA Studio.

### Access

- All members must bring their AA Passbook on each visit to the facilities. Members will not be allowed to access the facilities without a valid passbook. As of October 2008 entry will no longer be granted with a receipt. Members must collect their passbook before being allowed access to classes.
- The AA Passbook is to be presented to security on entrance to any ASPIRE premises and then to AA staff at the Reception and Info Desks. Your passbook may be requested from you at any other time during your visit and should be made available.
- Each member is responsible for their own passbook. Shared AA facility access with a non-member will result in forfeiture of membership effective immediately.
- Members can obtain a replacement passbook in cases of lost or damaged passbooks. Replacement passbooks must be requested from the AA Main Reception and come at a cost determined by AA.

### Ramadan

- During Ramadan we respect the local rules and customs. It is therefore not permitted to drink or eat in public areas.

### Swimming

- Swimming is an *add-on* package and cannot be purchased separately.
- A compulsory Swimming Test must be completed before subscription to any swimming courses.

### Lift & Burn

- Members must attend *Lift & Burn Technique* classes until the instructor is satisfied that they have sufficient knowledge of correct technique to attend a full class. A stamp will be placed in the member's passbook.
- Members can pre-book a place in Lift & Burn classes up to 7 days in advance. Failure to show up for your place without prior cancellation will result in not being allowed to pre-book sessions for 1 week running.
- Members can book a maximum of 2 Lift & Burn classes per week but may attend others if space is available.

### Spinning

- Members must attend *Spinning Technique* classes until the instructor is satisfied that they have sufficient knowledge of correct technique to attend a full class. A stamp will be placed in the member's passbook.
- Members can pre-book a place in Spinning classes up to 7 days in advance. Failure to show up for your place without prior cancellation will result in not being allowed to pre-book sessions for 1 week running.
- Members can book a maximum of 2 Spinning classes per week but may attend others if space is available.