

Physical Activity Readiness Questionnaire

Name

Mr Mrs Miss Ms (please tick)

Address

..... Post Code

Telephone (land line) Mobile

Email Address

Date of Birth

Please read these questions carefully and answer each one honestly: Tick Yes or No box.

- Do you frequently have pains in your heart or chest? YES NO
- Is there a history of heart disorders in your family? YES NO
- Have you ever had a fit or seizure? YES NO
- Do you often feel faint or have spells of severe dizziness? YES NO
- Have you ever been diagnosed with a bone or joint problem? YES NO
- Are you taking any prescription or non prescription medication? YES NO
- Do you have any aches or pains that concern you? YES NO
- Do you have any other medical conditions? YES NO
- If female, are you pregnant? YES NO
- Do you smoke? YES or NO. If "YES", how many?

If YES to any of the above please give a brief summary

.....
.....
.....
.....

Please indicate from the following what you are interested in: (please tick)

- One to One Personal Training
- Use of the Fitness Centre
- Health Assessments
- Circuit Classes
- Pilates classes

You are reminded that **AllActive** cannot be held responsible for the health of each individual and that it is the responsibility of the individual to either consult with their doctor before exercising or to advise the gym instructor/consultant to the fullest of their knowledge of their medical background.

I have read and understood the above information. And have answered the questions on this form honestly to the best of my knowledge.

Signature: Date:

Price List and Information

Joining and Induction fee **£30**
(free for existing members)

Full Gym Membership **£30** per month
(inclusive of Free Personal Programmes and Free Daytime Classes)

AllActive Gym Card **£30**
Circuit classes paid in advance in blocks of 5 and stamped at each class.
Date limited to 2 months for each card (clients must have been through an Induction).
Classes 7.30pm-8.30pm

Personal Training Packages

Introductory PT offer - 5 x 1 Hour Sessions	£75
Express - 5 x Half Hour Sessions	£75
10 x Half Hour Sessions	£140
Results - 5 x 1 Hour Sessions	£150
10 x 1 Hour Sessions	£270

Integrated Rehabilitation **£95** Osteopathic / Physiotherapist
Evaluation, Diagnosis and Management Plan.
8 week full membership with 2 Personal Training Sessions.

Membership fees payable by cheque or cash at Dispensary on Ground floor.
A Direct Debit Membership will be in operation from January 2013

Opening Times

Full Gym Access

Monday - Friday 7am - 11am & 12pm - 7.30pm

Saturday 8am-1.30pm

Exercise classes 7.30pm - 8.30pm

(Circuit training in groups of up to 12 participants).