



Welcome to
The **GOOD** Life, on the course
and off the course.

- Fitter - Stronger - Faster •
- It's All About How You Feel •
- Life Through Movement •



2018/2019 GYM MEMBERSHIP



FOR A MORE FUNCTIONAL YOU!

An optimal level of wellness and function is crucial to live a long and high quality of life. Wellness of our bodies, minds and souls ensures that we can manage stress and reduce the risk of illness.

The team at our Health and Wellness Centre are available to assist in many of the aspects required to be fully functional ... and play your best golf. We've got you covered - from injury rehab and sports-specific functional training to nutrient-dense foods and individualised lifestyle programs - for a more functional you ...

GYM MEMBERSHIP

WHAT IT COSTS

Randpark Member

BASIC - R 99.00 / month (includes use of Health & Wellness facilities)

ADVANCED - R 450.00 / month (includes Boot Camp classes and use of Health & Wellness facilities)

Randpark Spousal Member

BASIC - R 175.00 / month (includes use of Health & Wellness facilities)

ADVANCED - R 550.00 / month (includes Boot Camp classes and use of Health & Wellness facilities)

Non-Randpark Member

BASIC - R 350.00 / month (includes use of Health & Wellness facilities)

ADVANCED - R 850.00 / month (includes Boot Camp classes and use of Health & Wellness facilities)

Above fees exclude personal and group training sessions.

Personal Training Sessions (45 - 60 mins)

10 Sessions R 2 150.00

Single sessions R 250.00

Monthly

1 per week R 1 000.00

2 per week R 1 850.00

3 per week R 2 450.00

4+ per week R 2 950.00

Group Training Sessions (45 - 60 mins)

4 - 8 students at R 150.00 per student per session

10 Sessions R 1 350.00 per student

OPERATING HOURS

Monday - Thursday : 06:00 - 19:00

Friday : 06:00 - 18:00

Saturday : 07:00 - 12:00

Physiotherapy, Biokinetics and Functional Health Sessions by appointment only.

Sports Conditioning, Golf Specific Training by appointment only.

Gym Member Access Hours

Monday - Thursday : 06:00 - 09:00 and 16:00 - 19:00

Friday : 06:00 - 09:00 and 16:00 - 18:00

Saturday : 07:00 - 12:00

Boot Camp

Wednesday & Saturday : 06:00 - 06:45 and 07:00 - 07:45



CONTACT DETAILS

Should you require further information, please contact:

- Warren for Powerblast Sports Conditioning: 082 450 8220
- Cheryl for NOURISHED Physio & Functional Health Therapy: 079 701 7347
- Ryan for Biokinetics: 082 828 8162

DISCOVERY VITALITY

- Vitality members 18 years and older will earn 100 Vitality points for one workout per day. The points count towards the maximum of 30 000 fitness points for each person a year. Kids between six and 18 years old who are dependents on their parents' policies will earn 100 fitness points once they have logged their workout. This will count towards their own points limit of 20 000, and will contribute to the overall family's points
- Vitality Baby mothers who are registered on the Vitality Baby benefit will earn 200 Vitality points for logging a workout during pregnancy and up until their baby is six months old
- Only Vitality members who have worked out will use the Vitality iPad Application to log their workouts for Vitality points
- Discovery Vitality members must enter their ID number or Discovery membership number, date of birth, gender, initials and surname on the Vitality iPad Application after their workouts. Only accurately-logged events will be sent to Discovery Vitality for Vitality points to be awarded.
- Logging workouts on behalf of members is not permitted
- Discovery Vitality encourages honest and accurate logging of training sessions. They will do random audits to check the validity of the events that members log

You can now also earn Momentum points for your workouts.

YOUR NEXT STEP

- Complete the Application form on page 4
- Make sure that you read and sign the Terms & Conditions that goes with the application
- Once you have completed all details, send it through to membership@randpark.co.za
- Please allow 48 hours response time, before invoice is send to you
- Once you have received your invoice, you can make payment, using the Bank Details on the invoice
- There is an option to sign a Debit Order but, please take note that there is a R50.00 monthly Admin Fee when paying via Debit Order
- Once you have emailed through Proof of Payment, or signed Debit Order, your application will be ready to be processed
- Please allow 48 hours for your application to be processed



APPLICATION FOR MEMBERSHIP

MEMBERSHIP TYPE	GYM MEMBERSHIP		
CATEGORY	<input type="checkbox"/> RANDPARK MEMBER <input type="checkbox"/> SPOUSAL MEMBER <input type="checkbox"/> NON-RANDPARK MEMBER		
	RANDPARK MEMBER / NON-RANDPARK MEMBER	SPOUSE	
NAME			
SURNAME			
TITLE			
OCCUPATION			
TELEPHONE NUMBER (HOME)			
TELEPHONE NUMBER (WORK)			
CELL			
E-MAIL			
DATE OF BIRTH			
ID NUMBER			
HEALTH & WELLNESS CENTRE MEMBERSHIP	<input type="checkbox"/> BASIC <input type="checkbox"/> ADVANCED	<input type="checkbox"/> BASIC <input type="checkbox"/> ADVANCED	
HOME ADDRESS			
POSTAL ADDRESS			
		CODE	
PAYMENT METHOD (Please tick applicable box)	<input type="checkbox"/> DEBIT ORDER <small>(PLEASE COMPLETE ATTACHED DEBIT ORDER INSTRUCTION)</small>	<input type="checkbox"/> ONCE OFF	

AGREEMENT: I hereby subscribe to and agree fully to abide by the rules and regulations of Randpark Club and **the standard Terms and Conditions on the overleaf**, which contain clauses to the effect of limiting the club's liability and which constitute an assumption of risk and liability by me, impose an obligation on me to indemnify the club and an acknowledgement that I understand these terms and conditions. Further, should I resign my membership of the club; I undertake to advise management in writing of such resignation.

SIGNED & ACCEPTED:

DATE:



MEMBERSHIP TERMS & CONDITIONS

1. Upon the club receiving this application form and these signed terms and conditions, an invoice will be sent within 48 hours of its receipt and membership will only become valid upon payment of all applicable fees or signature of a debit order arrangement. Initial
2. A probation period of 3 months will apply to all new applicants. In this time Randpark reserves the right to refund unsuccessful applicants.
3. The membership may be terminated by the member giving the club twenty business days' notice in writing of his/her intention to do so.
4. The Club reserves the right to impose a 10% cancellation fee on a member who elects to cancel his/her membership during a financial year; however, no cancellation fee will be charged if a member gives notice not to renew his/her membership at the end of the club's financial year.
5. The Club may cancel a member's membership if the member is in material breach of his/her obligation to pay membership fees and the Club has given the member twenty business days' notice in writing to remedy this breach and the member fails to do so.
6. It is understood by the member that it is necessary for the Club to communicate with its membership from time to time and that by signing these terms and conditions a member gives the club his/her express permission for the Club to communicate with him /her via SMS, post, telephone or e-mail, unless he/she has informed the Club in writing that they do not wish to receive such or all communication.
7. By signature hereto, the member expressly acknowledges he has read, and understands, the following disclaimers from the Club Constitution and the Club Bye-Laws.
 - 7.1 **Golf specific disclaimer:** When entering the Club's premises, the member is fully aware and understands the risk and hazards inherent to the golf environment which includes but is not limited to the risk of being struck by flying golf balls and lightning strikes. In the case of the latter the member further acknowledges that the shelters provided on the golf course are rain shelters only and are not lightning proof and the club accepts no responsibility in respect of death or injury of persons or destruction or damage to property as a result of any lightning strike whether it occurs at or near a rain shelter or at any other place. All persons using any such rain shelters or any other shelter on the property do so entirely at their own risk.
It is to be noted that whilst the Club makes use of an automated lightning detection system, the Club makes no warranties and accepts no responsibility with respect to either the reliability of accuracy of the equipment, or with respect to the monitoring, operation or interpretation of the displays of the equipment. It is further noted that a member always has the right to stop play if he/she deems any condition, including lightning, to be a danger to his or her personal safety.
 - 7.2 **General disclaimer:** Randpark Club does not accept liability or responsibility whatsoever in respect of death or injury of person or destroying or damage to property or loss of any nature, whether arising from negligence or any other cause including lightning, which is suffered by any member or any person who enters the club premises and/or uses the golf course or any other amenities or facilities provided. Members and other users of the Club facilities use the facilities at their own risk and are advised to insure themselves for loss and injuries they may suffer and for claims against themselves.

SIGNED & ACCEPTED:

DATE:



DEBIT ORDER INSTRUCTION

A. Authority

Given Name : _____
Membership No : _____
Contact No : _____
Date: _____

To: Membership Secretary
Randpark Club
Setperk Street
Randburg

Abbreviated Name : RANDPARK1

AGREEMENT FOR SUBSCRIPTIONS MONTHLY DEDUCTION

Bank : _____
Branch and Code : _____
Account Number :
Type of Account :
Current Cheque
Savings Transmission
Date of debit order : 1st
30th

I/We hereby authorise you to issue and deliver payment instructions to your Banker for collection against my/our above-mentioned account at my/our above-mentioned Bank (or any other Bank or branch to which I/we may transfer my/our account) for the **TOTAL** sum of R.....(please note that the first debit order will include your Handicap maintenance fee and Central Gauteng Union fees).

On the condition that the sum of such payment instructions will never exceed my/our obligations as agreed to in the Agreement and commencing on.....and continuing until this Authority and Mandate is terminated by me/us by giving you notice in writing of not less than 20 ordinary working days, and sent by prepaid registered post or delivered to your address as indicated above.

In the event that the payment day falls on a Sunday, or recognised South African public holiday, the payment day will automatically be the very next ordinary business day.

I/We understand that the withdrawals hereby authorised will be processed through a computerised system provided by the South African Banks. I also understand that details of each withdrawal will be printed on my Bank statement. Such must contain a number, which must be included in the said payment instruction and if provided to me should enable me to identify the Agreement. This number must be added to this form in Section E before the issuing of any payment instruction.

B. Mandate

I/We acknowledge that all payment instructions issued by you shall be treated by my/our above-mentioned Bank as if the instructions have been issued by me/us personally.

C. Cancellation

I/We agree that although this Authority and Mandate may be cancelled by me/us, however, cancellation will not cancel the Agreement. I/We shall not be entitled to any refund of amounts which you have withdrawn while this Authority was in force, if such amounts were legally owing to you.



DEBIT ORDER INSTRUCTION

D. Assignment

I/We acknowledge that this Authority may be ceded or assigned to a third party if the Agreement is also ceded or assigned to that third party, but in the absence of such assignment of the Agreement, this Authority and Mandate cannot be assigned to any third party.

E. Agreement Reference Number

Membership number: _____

Signed at _____ on this day _____ of _____.
(Signature as used for operating on the account)

(Assisted By)