

## MEMBERSHIP

Includes access to all the gym equipment whenever you want!

The gym area is in a separate room, so you can access the gym even when The Arena is in use. Toilet facilities available - no showers sorry. Music or DVD player available while you work out.

## COSTS

Just \$100 per annum plus \$10 refundable key deposit  
OR \$10 per month automatic payment plus \$10 refundable key deposit. An automatic payment **must** be set up for any monthly membership. Fees will be used to purchase new gym equipment.

## JOIN!

Contact the church office to join or email [admin@citybaptist.org.nz](mailto:admin@citybaptist.org.nz)

Automatic payments use a/c Manukau City Baptist 02 0232 0020318 00 (your name and "Gym membership"). Once an automatic payment is set up a key and codes will be issued.



## DETAILS

- Membership available for church post box holders only.
- "Guests" can use the facilities only when accompanied by a member. Guests need to pay \$2 per visit in the honesty box.
- Members cannot give out codes or keys to anyone, including family and other church members.
- You must follow Health and Safety policies
- Any free weights over 10kg to be used with caution and/or properly supervised by another person over 16 years
- A towel must be used on all equipment – you need to bring this with you
- All windows, doors, gates and alarms must be secure after use
- All visitors to gym must sign in on arrival
- Access is for gym use only please – to book or use The Arena, you must contact the Church office.
- No one under the age of 13 allowed on weight machines.
- Those under the age of 16 to be supervised by an adult.
- Feel free to bring in your own music or DVDs
- Email us to suggest what other equipment we could do with! [admin@citybaptist.org.nz](mailto:admin@citybaptist.org.nz)



# 24HRGYM

24 hours a day gym  
Work out when you want to!  
At a fraction of the cost of a normal gym!



## MEMBERSHIP APPLICATION FORM

Name: \_\_\_\_\_

Ph: \_\_\_\_\_ Mob: \_\_\_\_\_

email: \_\_\_\_\_

Payment option:

\$100ann+\$10 key  \$10pm auto

payment+\$10key

I have read and understood the terms of membership and Health & Safety Policies

I know what to do in the case of fire and have read the "Fire Evacuation Procedures"

Manukau City Baptist Church (and its representatives in relation to the Arena Gym) will endeavour to provide due care and diligence in providing a gym facility.

Manukau City Baptist Church accepts no responsibility or liability for loss, injury or harm howsoever such loss, injury or harm may arise, and resulting from the use of the gym.

The participant hereby indemnifies and holds harmless Manukau City Baptist Church, its Trustees and its representatives from any loss, injury or harm that the participant may sustain during the use of the gym. The participant agrees to receive medical advice to participate in the gym but if failing to do so, participates in the gym at their own risk. Manukau City Baptist Church strongly recommends that all participants receive medical advice from your doctor or medical specialist before undertaking the use of the gym.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Gym/Admin Manager on behalf of MCBC)

### OFFICE USE ONLY

Post Box Holder  Codes given Key number: \_\_\_\_\_



### GYM HEALTH & SAFETY

- Be familiar with ALL exits and Evacuation Procedures in the case of a fire or other emergency.
- Prior to undertaking any program of exercise that requires a major increase of physical activity; a consultation with your Doctor is advised.
- Always use equipment appropriately or misuse could lead to accidents. A number of exercise programs will be displayed and made available to assist with your workout. Performing the exercise correctly will lower the risk of physical strain and give you better results.
- When working out with free weights a weight belt and spotting partner is strongly advised. NEVER bench press alone when using heavy weights.
- Plenty of fluid intake while working out is advised to avoid dehydration (remember to take empty drink bottles home).
- Please clean up any spills or report any hazard to the office or after hours contact so that it can be attended to. Damaged equipment is a danger that should be reported immediately.
- No one under the age of 13 is allowed to use the equipment. Those under the age of 16 are to be supervised by an adult.
- Use antiseptic spray on equipment. A towel must be used on all equipment – you need to bring this with you.
- All members and visitors to the gym must sign in on arrival.
- Membership available for post box holders only. "Guests" can use the facilities only when accompanied by a member. Guests need to pay \$2 per visit. Members cannot give out codes or keys to anyone, including family and other church members.
- Close the gate and lock doors behind you on entry.