



Enrolment Form & Pre-Exercise Medical Questionnaire

Name:	Age:
Street Address:	Date of Birth:
Suburb & Postcode:	Mobile:
Sex:	Phone (h):
Email:	Start Date:

What would you like to achieve with The Gorilla Pit? (Personal goals- Specific)

-
-
-
-

How long have you been thinking about achieving these goals?

-
-

Why have you decided to address this now?

-
-

Do your family support and provide encouragement for you in regards to reaching these targets?

-

Can you identify any roadblocks or barriers that might stop you from achieving these outcomes?

-
-

Have you ever worked with a PT before? If so who?

-

How many times a week do you plan on training?

-

What days and times do you prefer to train?

-

What will it cost you if you don't reach these goals? (Health, Relationships, Career etc)

-
-
-

What in your life will change once we reach these goals? (Health, Relationships, Career etc)

-
-
-

Daily Nutrition

In the table below list what your nutrition intake is spread over 3 typical days.

BREAKFAST			
MORNING SNACK			
LUNCH			
AFTERNOON SNACK			
DINNER			

NOTES:

The Gorilla Pit- Training, Nutrition & Lifestyle Membership Agreement (Terms & Conditions):

I, _____ hereinafter referred to as (“I, , me, my”) on ____ / ____ / ____ (date) enter into this Agreement by and between The Gorilla Pit- Training, Nutrition & Lifestyle Pty Ltd (ABN: 36 600 353 268) which will be providing services through its employees (hereinafter referred to as “The Gorilla Pit”). I have requested that The Gorilla Pit conduct my personal training sessions at The Gorilla Pit located at 10/8 Albert St, Wickham 2293, with said Training session to be provided in consideration for a fee, and The Gorilla Pit agrees to provide said Training sessions subject to my agreement to the following additional terms and conditions as follows:

1. Express Assumption of Risk

1.1 I am aware that there are significant risks involved in all aspects of athletic activities and physical training. These risks include, but are not limited to: falls which can result in serious injury or death; injury or death due to negligence on the part of myself, my training partner, The Gorilla Pit, or other people around me; injury or death due to improper use or failure of equipment; strains and sprains. I am aware that any of these above mentioned risks may result in serious injury or death to myself and or my partner(s).

1.2 I understand that the training at The Gorilla Pit may involve weightlifting, gymnastics movements, strenuous bodyweight exercises and other high exertion activities, and that I am not obligated to perform nor participate in any activity that I do not wish to do, and that it is my right to refuse such participation at any time during my training session. I understand that should I feel light-headed, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the activity and inform my trainer and/or The Gorilla Pit.

1.3 I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity or class while at, or under direction of The Gorilla Pit. I am aware that this agreement is ongoing and will apply to all future occasions I participate in athletic activities and training at The Gorilla Pit.

1.4 I acknowledge that I have no physical impairments, injuries, or illnesses that will endanger me or others. I represent that I am not aware of any medical or physical condition that would prevent me from participating in the exercise or from using equipment or facilities which pose a serious health risk to me. In the event that I become aware of any medical condition, injury or impairment that may be detrimental to my health if I participate in this activity my trainer will be informed immediately.

INITIALS: _____

2. Waiver

2.1 In consideration of my participation in the training provided by The Gorilla Pit, I, for myself, my heirs, executors, administrators or assigns, do hereby release, waive, discharge and covenant not to sue The Gorilla Pit and/or its members, managers, officers, directors, agents, employees, and affiliated entities (Hereinafter referred to as “Releases”) from liability, from any and all claims, including any negligence of The Gorilla Pit resulting in death, personal injury, accident or illnesses and property loss arising from, but not limited to, participation in the training and use of facilities, premises or equipment wherever located and by whomever provided.

2.2 In further consideration for the right to use equipment provided by The Gorilla Pit or equipment at another location, I expressly release, hold harmless, discharge and indemnify (Including costs and solicitor fees including disbursements) The Gorilla Pit and Releases for any loss, injury or damage from any cause, including negligence arising out of any location, and/or arising out of the use of my equipment or equipment or facilities provided by The Gorilla Pit.

INITIALS: _____

3. Photography/Video Release (Optional)

3.1 Participants involved in any activities offered by The Gorilla Pit may be photographed or videotaped during training. I hereby consent to the use of these photographs and/or videos without compensation, on the The Gorilla Pit website, Facebook page or in any editorial, promotional or advertising material produced and/or published by The Gorilla Pit both online and/or in print. I acknowledge that such photographs/video may include (but not limited to) “before” and “after” photographs along with any statistics as to my weight loss and weight journey.

INITIALS: _____



4. Severability and Jurisdiction

4.1 I further expressly agree that the foregoing provisions in this Agreement are intended to be as broad and inclusive as permitted by the laws of the New South Wales, Australia and if any portion of this Agreement is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I further acknowledge and agree that this Agreement shall be governed by and shall be construed in accordance with the laws of New South Wales, Australia.

INITIALS: _____

5. Indemnity

5.1 I recognise that there are risks involved in the types of activities offered by The Gorilla Pit. Therefore I accept financial responsibility for any injury that may be caused to me or to any other participant due to my negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur solicitors fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs.

5.2 I further agree to indemnify and hold harmless The Gorilla Pit, their principals, agents, employees, trainers, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by The Gorilla Pit, at a The Gorilla Pit location or at another location in which an The Gorilla Pit activity is held. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to an The Gorilla Pit location, and/or any area selected for training by The Gorilla Pit.

INITIALS: _____

6. Cancellation

6.1 The Gorilla Pit one-on-one Personal Training cancellation policy states clients must give a minimum of 24 hours notice before cancelling a personal training session, otherwise full payment must be made.

6.2 Personal and/or group training sessions missed throughout duration of package will not be refunded. There are no refunds, replacement or extension of expiry to training sessions not used.

6.3 Cancellation of a The Gorilla Pit package requires 14 days written notice and a cancellation fee of 50% of the remaining amount owing will be charged. No refunds will be given under any circumstances. I understand that even if I notify my trainer, I am still required to send an email to info@thegorillapit.com.au to serve as my cancellation notice.

6.4 All programs renew automatically unless I give specific notice of such cancellation by email ONLY to info@thegorillapit.com.au. I understand that even if I notify my trainer, I am still required to send an email to info@thegorillapit.com.au to serve as my cancellation notice.

INITIALS: _____

7. Payment Authority

7.1 I hereby authorise any and all payments due to The Gorilla Pit by me. I, further authorise my credit card company or bank to make payment(s) to The Gorilla Pit by the method(s) attached and to deduct such payment from my account. I understand that some payment periods may have less workouts (due to holidays / missed workouts) however the weekly fee will still be deducted - unless previously agreed upon by me and The Gorilla Pit due to extended absence (2+ weeks), in which case the account may be frozen for length of absence (for a maximum of 8 weeks).

7.2 I understand requests to suspend (freeze) my debits requires specific notice of such suspension by email ONLY to info@thegorillapit.com.au at least 5 business days from the next debit date. I understand the maximum length a debit can be suspended (frozen) is eight (8) weeks.

7.3 FOR BILLING QUESTIONS: please email info@thegorillapit.com.au or call 1300 911 026

Initials: _____

7. Acknowledgment of Understanding

7.1 I have read the Release of liability, waiver of claims and assumption of risk provisions in this Agreement and I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the Agreement freely and voluntarily and intend, by my signature that this document be a complete and unconditional release of liability to the greatest extent allowed by law. I further certify that I have fully read and understand the terms of this agreement and will comply with the contents herein.

FULL NAME: _____ DATE: _____

SIGNATURE: _____ STAFF SIGNATURE: _____

