

# Tonic Terms and Conditions

## 1 AGREEMENT

I, the person whose name is set out overleaf, hereby agree to adhere to the NSLC Tonic Fitness Centre Terms and Conditions as specified below.

## 2 TERMS AND CONDITIONS

### Members only

Access to the Fitness Centre is strictly for Members only. Do not open/hold the door open for ANYONE. If they are a genuine member their card will have been activated. Anyone found to have knowingly let a non-member into the Fitness Centre will have their membership PERMANENTLY revoked.

### No Workwear

Only suitable gym-wear may be worn - no workwear to be worn while using the Fitness Centre or the equipment. This applies to all NMUK or Contractor issued clothing, including Nissan T-shirts, trousers, shirts and boots: it could lead to possible contamination or damage to the floor and equipment and a subsequent cost for cleaning.

### Housekeeping

Please tidy ALL equipment away after you've used it, to prevent trips, and put all rubbish in the bins provided.

### Using Machines

Machines must be used in a safe and correct manner. Do not overload or use the machines outside the scope for which they were intended. Follow the Fitness Centre induction in which you were shown the correct way to use the apparatus. To apply for a refresher induction, please contact a NSLC Staff Member.

### Using Free Weights

Free-weights are to be used in the designated area only, which is clearly marked. They are NOT to be added to machines or to increase the weightstack as it is unsafe to do so.

### Use of Dumb-bells

When using dumb-bells, ensure you are comfortable with the weight selected. If in doubt, ask for staff assistance when lifting or if 'spotting' is required then ask other users. When placing the weights back on the floor do not drop them as this will cause damage to the dumb-bells which will then be removed from service. Ensure all dumb-bells are placed on racks when not in use.

### Fitness Centre Etiquette

The use of the equipment and machines during peak/busy periods i.e. during lunch time or straight before & after shifts should be limited to allow other members access to all the facilities, Please use cardiovascular equipment i.e. treadmills, steppers, rowing machines and cycles for 20 minutes only. Weight lifting machines should be limited to 3 sets per person.

### Safety

All Fitness Centre Members must use the facilities with care and safety in mind. Caution should be taken not to injure yourself or any other users of the Centre. Broken equipment must be reported at the first opportunity to a NSLC Member of Staff.

### Opening Times

**Monday – Friday 5:30am – 1am.**

**Saturday 9am – 5pm.**

**Sunday 9am – 5pm.**

**CLOSED BANK HOLIDAYS**

Occasional closures may occur from time to time due to company business of special events. 7 days notice will be given to members. Closures maybe necessary due to NMUK closedown periods and 7 days notice will be given wherever possible at such times that changing rooms may not be available due to activities and events.

## 3 CONDITIONS

NSLC accepts no responsibility for personal thefts from the gym. Please ensure you have taken professional medical advice and have had a full induction before using the facilities and equipment. Anyone not following the NSLC Fitness Centre Terms and Conditions as outlined above will be asked to leave the gym. Persistent offenders may also have their membership removed. Fitness staff are available for advice during their working patterns.





# NSLC FITNESS CENTRE

Contractor  
£10  
Joining Fee

## OFF-SITE CONTRACTOR / MEMBERS FRIENDS & FAMILY APPLICATION FORM

If you are an **Off-Site Contractor** please complete this form to join Tonic. Gym subscription is £7.50 p.m. and to join the gym you need to become an associate member of the Club via payment of club membership of £2.50 p.m. Total cost of £10 per month. An additional one off £10 joining fee is also to be paid upfront. Tonic subscriptions will be deducted by direct debit, quarterly in advance. Other payment terms can be arranged through NSLC (The Club).

### Your Details

1. Full Name: \_\_\_\_\_ 2. House Name/Number: \_\_\_\_\_  
3. Street Name: \_\_\_\_\_ 4. Town/City: \_\_\_\_\_  
5. Post Code: \_\_\_\_\_  
Tel No Home: ..... Mobile: .....

Shift Information - Days/Office:  Line 1:  Line 2:  Semi Direct:  Other:

Company.....OR Members Family & Friends  Department: ..... Salary No: .....

Work supervisor: ..... Telephone No: ..... Email: .....

OR

NSLC Members Name:..... Telephone No: ..... Email: .....

Next of Kin: ..... Contact No: ..... Relationship: .....

Address if different from own: .....

.....Post Code: .....

GP Name: ..... Surgery: .....Contact No: .....

### Your Health

If you suffer from any medical condition or illness, or are taking any medication, or have not exercised recently, or have any concerns whatsoever as to your current state of health, you must consult your doctor before beginning to exercise at the NSLC Fitness Centre in order to confirm that the exercise you plan to take part in will not have any adverse impact upon your health. By signing this form, you confirm that you have consulted a suitably qualified medical professional for any health-related concerns in order to confirm your fitness to participate in exercise at the NSLC Fitness Centre.

### Declaration

**I confirm that the information provided above is to the best of my knowledge and that I understand that if there is any change to my health during my participation in exercise at the NSLC Fitness Centre, I must consult my doctor before continuing exercise.**

**By signing this form, I agree to abide by the Terms and Conditions set out on the reverse.**

**I hereby authorise the amount of £10 per month paid quarterly (£30 every 3 months) to be paid by direct debit or other arrangements made by NSLC. I agree to give 3 full months notice to opt out of this membership.**

Signature of Applicant: ..... Date.....

Authorisation of personnel officer / Proposer: ..... Date.....

**Please return this form to NSLC (The Club) along with all relevant payments before your card can be activated.**

### For Personnel use only

Date received: ..... Month effective: .....  
Amount received: ..... Actioned by: .....