



Group Fitness Program - Round 3: 30th of July to 21st of October 2018

PACKAGE INCLUSIONS:	BASIC PACKAGE:	GOLD PACKAGE:	PLATINUM PACKAGE:
Classes Per Week	1	2	UNLIMITED
FREE Nutrition Power Session	✓	✓	✓
Comprehensive Health Evaluation	✓	✓	✓
Access to online booking system	✓	✓	✓
FREE Cheat Sheets	✓	✓	✓
FREE Access to Kids' Room	✓	✓	✓
Access to secret Facebook Group	✓	✓	✓
Exclusive access to Terrific Fitness APP	✓	✓	✓
Weekly Coach Tips	✓	✓	✓
Automatic Renewal	✓	✓	✓
100% Satisfaction Money Back Guarantee	✓	✓	✓
Eligible to purchase one on one consults	✓	✓	✓
FREE "Food To Eat For Health & Weight Loss" Downloadable Book	✓	✓	✓
Pre & Post Body Composition Analysis (Measurements)	✓	✓	✓
FREE "Unleash The Best Version Of You" Soft cover physical book	✓	✓	✓
3 BONUS Classes	X	✓	N/A
Basic Nutrition Coaching Package	X	X	✓
VALUED AT:	\$217.99	\$485.49	\$1155.97
YOU PAY ONLY:	\$188.00	\$376.00	\$599.00

IF YOU JOIN PART WAY THROUGH YOU ONLY PAY FOR THE REMAINING WEEKS, PRO RATA

Administration Contact Number: 03 9404 1494
 Danaher Corporate Centre - Factory 2 / 5 Danaher Drive South Morang 3752
 FAX: 03 8692 1097
 EMAIL: enquiries@terrificfitness.com.au

TERMS AND CONDITIONS: (Please ensure you read!)

1. Waiver

- I agree to sign a waiver upon commencing with Terrific Fitness.

2. Minimum Age

- The minimum age is 11 years old for all 12 Week Round group fitness classes. If I am under 18 years of age, a letter from a parent or guardian authorising me to train, will be submitted upon registration.

3. Physical Condition

- I understand the demanding physical nature of this activity. I am not aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in this activity. 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 my activity, my trainer will be immediately informed. By continuing to participate in this activity, I accept the risks despite these conditions and am still, and will always be under the terms of this agreement.

- I acknowledge that it is a condition of participating in this activity and that I do so at my own risk.

- I accept all risks and hereby indemnify and release the trainer, their agents, affiliates, employees, members, sponsors, promoters and any person or body directly and indirectly associated with the Trainer, against all liability (including liability for their negligence and the negligence of others), claims, demands, and proceeding arising out of or connected with my participation.

- This release and indemnity continues forever and binds my heirs, successors, executors, personal representatives and assigns

4. My Responsibility

- I accept that it is my responsibility to ensure I follow the Trainer's instructions at all times and follow safe and correct use of all equipment provided, to ensure my own safety and the safety of others around me.

- I agree to inform my Trainer immediately of any pain, discomfort or injury to avoid further pain, discomfort or injury.

- I agree to always attend my training sessions in proper training apparel.

- I agree to bring a sweat towel and water bottle to each and every training session. Failure to do so will result in my being sent home and forfeiting the training session.

- I agree to wear hands wraps to all Cardio Boxing classes.

- I agree to bring my Asthma pump with me to all training sessions, if I am an Asthma sufferer.

- I agree to notify Terrific Fitness immediately upon finding out I am pregnant and that I require a medical clearance from my doctor in order for me to be able to continue training, under modified conditions.

5. Payment

- I will ensure that adequate funds will be available in my nominated bank or credit card account to cover my prescribed training fees. I understand there will be a \$15.00 dishonor fee for any rejected payments and that my training will be suspended until all outstanding dues are paid in full. I also understand that debt collection will be initiated if fees are not paid within 21 days of becoming outstanding.

- I accept that Terrific Fitness does not accept any other payment method besides direct debit via Pysmart. No Cash, No Cheque, No Bank Transfer, No Eftpos, No other method.

6. Direct Debit Fees

- I understand that a once off administration fee of \$11.00, charged by Pysmart for account set-up, will occur.

- I also understand that Pysmart charge the following charges:

- o \$1.30 for lump sum transactions
- o \$1.95 for each fortnightly transaction
- o A surcharge of 1.6% for Visa and MasterCard and 3.5% for Amex and Diners will be added to each payment when paying via credit card

7. Make-Up Classes

- I understand that I will be eligible to make up any missed class providing I have cancelled the class with 1 hours' notice, either online or by contacting administration. Where 1 hours' notice is not provided I understand that I will forfeit my fees for that class if I fail to attend.

- I accept that I will need to make up any classes scheduled on public holidays as there is no training on public holidays.

- I further accept that all outstanding classes must be made up by the end of the current training round.

8. 100% Satisfaction Money Back Guarantee

- I agree to notify Terrific Fitness in writing within 14 days of commencing my training contract, if I am not 100% satisfied with the service, and I will be eligible for a 100% refund on any fees I have paid, excluding any administration or direct debit transaction fees.

9. Fee Increases

- I understand that Terrific Fitness reserves the right to increase fees at any stage, only after the completion of my current contract, and that Terrific Fitness will provide me with 14 days' notice if this occurs.

10. Terms & Conditions

- I accept that Terrific Fitness has the right to amend the Terms & Conditions as required and will give me 14 days' notice if this occurs.

11. Cancellation

- I accept that I have signed up for a 12 week contract and that any cancellation to this contract after the commencement of the relevant round, will incur a \$100 cancellation fee for Basic members, \$150 cancellation fee for Gold members and \$250 cancellation fee for Platinum members.
- I accept that I will be eligible for a full refund (excluding any administration or direct debit transaction fees) of the entire contract *only* upon the submission of a medical certificate advising I am unable to train for the duration of the contract, OR for longer than 3 consecutive weeks, where the date of effect will commence on the date Terrific Fitness receives the medical certificate.
- If I submit a medical certificate and am approved for a refund for any period of time, I acknowledge that I will provide a letter from my doctor clearing me to return to training, at the end of that non-training period covered by the original medical certificate.
- I accept that cancellations and refunds are at the discretion of the Business Manager of Terrific Fitness.

12. Series of Classes

- I acknowledge that I am signing up for a particular series of classes and that the selected class(es) will be my standard class for each week of the 12 Week Round, unless I reschedule within the prescribed time frame.

13. Classes

- I accept that any free classes that I have been eligible to receive, can only be used subject to availability of space in any particular class and that I cannot obtain a cash refund or credit if I do not use the free class.
- I accept that free classes are not transferable.
- I accept that I cannot carry over free or unused classes from one round to the next; all classes must be used during the contract period in which they have been issued.

14. Media and Marketing, photo authorisation release

- I accept that Terrific Fitness take profile photos, and photos and videos during classes for marketing and promotional purposes and that my image may be included in these photos and videos. All digital and print media remain the property of Terrific Fitness at all times and I am unable to lay any claim to any digital or printed media; this includes any images of me.

15. Definitions

- I understand for the purposes of this contract the terms 'Trainer' and 'Coach' are one and the same.

16. Automatic Renewal

- I understand that my membership will automatically renew into the following 12 week program at the completion of this 12 week program, unless I submit a 'Change of Membership' form requesting automatic renewal be cancelled.

CLASS DESCRIPTIONS:

Class	Duration	Fitness level	Description	Location
F.I.T.N.E.S.S Circuit	60	All	Conducted as a 10 station circuit, this program covers a variety of training methods to suit everyone. This class is the perfect place to start if you are a beginner, is suitable if you are pregnant and can be adapted for individuals with injuries. Group Fitness with a PT touch.	Downstairs
Cardio Boxing	60	All	A high intensity cardio boxing session. Full body workout for maximum burn. An excellent class for stress relief.	Downstairs
Resistance H.I.I.T	45	All	A class focusing on high intensity interval training and resistance exercises. You will build strength whilst incorporating the use of weights and other equipment.	Downstairs
Boot Camp	60	All	A class using a variety of equipment. This is excellent for maximum fat burning, building strength, stability, mobility, power, speed and passion. Training is conducted in a traditional Boot Camp Style.	Downstairs
Barre Sculpt Class	45	All	A dance inspired fitness class for strengthening, toning & stretching.	Upstairs
Core Connection	30	All	This class is based on Pilates principles and is designed to help strengthen and engage the pelvic floor and core muscles, to enhance training performance.	Upstairs

STEP 1: SELECT YOUR PACKAGE:

Tick:	Package Options:	Payment Options:
	Basic Package – Select 1 Class	Lump Sum - \$188.00
	Basic Package – Select 1 Class	\$33.00 Per Fortnight – (Total \$198.00)
	Gold Package – Select 2 Classes	Lump Sum - \$376.00
	Gold Package – Select 2 Classes	\$66.00 Per Fortnight – (Total \$396.00)
	Platinum Package – Select to Secure at least 3 Classes NEW – Now also includes the Basic Nutrition Counseling Package FREE!	Lump Sum - \$599.00
	Platinum Package – Select to Secure at least 3 Classes NEW – Now also includes the Basic Nutrition Counseling Package FREE!	\$105.00 Per Fortnight – (Total \$630.00)
*Direct Debit Dates: commences the Wednesday before the round commences		

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STEP 2 - PLEASE ADD THE FOLLOWING TO MY PACKAGE

If you pay Lump Sum for training, Nutrition will be lump sum.

If you pay fortnightly for training, Nutrition will be fortnightly.

Tick:	Nutrition Counseling Package Options:	Payment Options:
	Basic Nutrition Package: (comes FREE for Platinum Members) <ul style="list-style-type: none"> • X1 Nutrition Counseling Session, 60 mins • X1 Body Composition Analysis • Audio recording of session • 28 Days 24/7 email support (from date of booking of consult) • 4 Weeks of Weekly Food Log Analysis 	\$167.00 (or \$28.00 per fortnight, total \$168.00)
	Gold Nutrition Package: <ul style="list-style-type: none"> • X2 Nutrition Counseling Session, 60 mins • X2 Body Composition Analysis • Audio recording of sessions • 6 weeks 24/7 email support (from date of booking of consult) • 6 Weeks of Weekly Food Log Analysis 	\$227.00 (or \$38.00 per fortnight, total \$228.00)
	Platinum Nutrition Package: <ul style="list-style-type: none"> • X4 Nutrition Counseling Session, 60 mins • X4 Body Composition Analysis • Audio recording of sessions • 12 weeks 24/7 email support (from date of booking of consult) • 12 Weeks of Weekly Food Log Analysis 	\$427.00 (or \$72.00 per fortnight, total \$432.00)

STEP 3: SELECT YOUR CLASS(ES) AS PER YOUR PACKAGE:

TICK:	DAY:	TIME:	CLASS:	COACH:
	Monday	6:00-6:45am	Resistance HIIT	Christie
	Monday	6:30-7:15pm	Resistance HIIT	Terri & Christie
	Monday	7:30-8:30pm	FITNESS Circuit	Terri & Christie
	Tuesday	Change of Class 9:30-10:30am	Resistance HIIT + Core	Christie
	Tuesday	6:30-7:15pm	Resistance HIIT	Terri
	Tuesday	7:30-8:30pm	Cardio Boxing	Terri
	Wednesday	6:00-6:45am	Resistance HIIT	Christie
	Wednesday	9:30-10:30am	Bootcamp	Lisa
	Wednesday	6:30-7:15pm	Resistance HIIT	Lisa
	Wednesday	It's Back! 6:45-7:15pm	Core Connection	Terri
	Wednesday	7:30-8:30pm	FITNESS Circuit	Lisa
	Thursday	NEW Class! 9:30-10:30am	Bootcamp	Lisa
	Thursday	6:45-7:30pm	Barre Sculpt	Lisa
	Thursday	7:30-8:30pm	Bootcamp	Theo
	Saturday	8:00-9:00am	FITNESS Circuit	Theo

STEP 4: READ THE "TERMS AND CONDITIONS" ON PAGE 2 & 3 THEN MOVE ON TO STEP 5 ON PAGE 6.

STEP 5: COMPLETE THE HEALTH EVALUATION:

Health Evaluation: *(This MUST be completed in full)*

First Name: _____ Surname: _____

Address: _____

Suburb: _____ Post Code: _____

DOB: ____/____/____ Mobile Phone: _____ Email: _____

Occupation: _____

Emergency Contact Name: _____ Relationship: _____

Emergency Contact Number: _____

Would you like to subscribe to our newsletter? **(Please Circle)** **Y / N**

Medical Section:

Are you on any prescription medication (includes contraceptive pill)? **(Please Circle)** **Y / N**

If so, please list all medication: _____

Do you suffer any of the following medical conditions: **(Please Circle?)**

Heart Disease High Blood Pressure Low Blood Pressure Diabetes

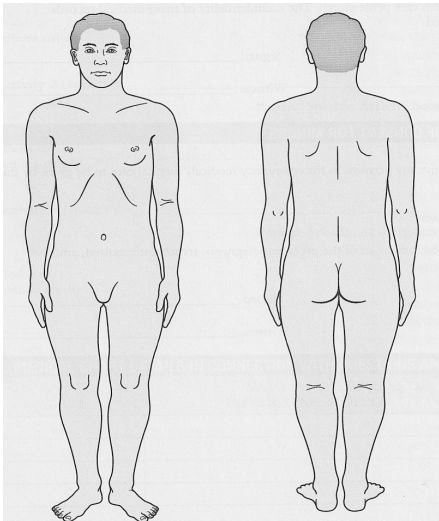
Regular Headaches Migraines Epilepsy Asthma

Joint Problems Arthritis Muscular Injuries

Other: (Please specify) _____

If you circled any of above medical conditions, please provide details of medical condition, injury and any restrictions. (Please also include whether it is the right or left side if applicable):

****If you suffer with Asthma, please ensure you have your asthma pump with you at all times.***



Please place an 'X' on the diagram on the left for all areas that you have pain or discomfort and describe the ailment in detail below:

STEP 6: COMPLETE YOUR GOALS:

Goals:

What is your number 1 goal for attending training with Terrific Fitness? _____

When do you want to achieve your goal by? _____

Why is this so important to you? _____

How did you hear about Terrific Fitness? (Please circle)

- | | | |
|--------------------------------------|-------------------|----------------|
| Google | Brochure/Pamphlet | House Sign |
| Other Web Search | Facebook | Event |
| Instagram | Newspaper | Letterbox drop |
| Other Social Media (Please Specify): | _____ | |
| Referred By Friend – Friend’s Name: | _____ | |

STEP 7: COMPLETE THE DECLARATION:

I,, hereby certify that the information I have provided, is true and correct, and agree to the “Terms & Conditions” set out on pages 2 & 3 of this registration form, as described by Terrific Fitness.

Signed:

Date: ____ / ____ / _____

STEP 8: COMPLETE THE PAYSMART FORM ON PAGE 8:

STEP 9: SUBMIT PAGES “4 TO 8” ONLY TO TERRIFIC FITNESS:

PO Box 5567, Stafford Heights, Qld 4053
Phone: (07) 3866 9100 Fax: (07) 3866 9199
General Correspondence: admin@ffapaysmart.com.au
DDR Forms Only: dataentry@ffapaysmart.com.au
www.ffapaysmart.com.au

Business Name: State:

Ref No: Staff Ref:

New Customer Renewal of Existing Customer Change of Details

CUSTOMER DETAILS please use BLOCK LETTERS

Company Name (if applicable):

Customer Name: Given Name/s Surname

Address Street Name and Number DOB: / /

Suburb State Postcode Driver's Licence No.:

Telephone: (H) (W) (M)

Email Address:

PAYMENT DETAILS

Step 1	Regular Debit Amount: \$	Step 2	PLUS approp. Admin Fee each debit:	Step 3	Variation to First Debit Only (if applicable):
	Commencing on / /		<input type="checkbox"/> Weekly Admin Fee \$1.30		First Debit Amount:
	<input type="checkbox"/> Until Further Notice (min _____ payments)		<input type="checkbox"/> Fortnightly Admin Fee \$1.95		(Excluding any Admin Fee and/or Set Up Fee)
	OR		<input type="checkbox"/> Monthly Admin Fee \$2.95		\$ _____
<input type="checkbox"/> For _____ payments ONLY	<input type="checkbox"/> Quarterly Admin Fee \$3.95				
OR					
<input type="checkbox"/> Contract Value \$ _____					

NOTE: A SET UP FEE of \$11.00 will be added to the first payment only.

Special Conditions:

DIRECT DEBIT FROM BANK ACCOUNT

Bank Name: Branch Account Opened:

BSB Number: - Account Number: (Not transaction card #)

Account Holder Name: (as it appears on bank statement) Given Name/s Surname

I/We authorize FFA PaySmart Pty Ltd **User ID 073053** to debit my/our account at the Bank identified above through the Bulk Electronic Clearing System (BECS) in accordance to the Payment Details above and as per the Service Agreement provided Verified by _____

DEBIT FROM CREDIT CARD

Please charge payments as detailed above to my: (tick one) Visa Mastercard Amex Diners

Name on Card: Given Name/s Surname

Note: FFA PaySmart will appear on your credit card statement (Not transaction card #)

Credit Card Number: Expiry Date: / /

By signing below, I understand that a surcharge of 1.6% for Visa and Mastercard and 3.5% for Amex and Diners will be added to each payment (Delete if not applicable)

DISTRIBUTION: *BLUE COPY send to FFA PaySmart (please retain if scanned and emailed) *YELLOW: Business Copy * PINK: Customer Copy

AUTHORISATION

This Authorisation is to remain in force in accordance with the Terms and Conditions on this page, the provided Service Agreement, and I/We have read and understand the same

Signature/s of Nominated Account Holder/s

Date: / /

Direct Debit Request Service Agreement

1. FFA PaySmart (Debit User) will debit the bank account / credit card nominated in the Schedule of this Direct Debit Request as specified. The Debit User may, by prior arrangement and advice to me/us vary the amount or frequency of future debits.
2. Should the original terms & conditions of this authority need to be varied a minimum of fourteen days notice will be provided by the business to you. Queries arising as a result of any such variation must be notified to FFA PaySmart two working days prior to the debit date the variation would apply.
3. Deferment or alteration by the customer to the debiting schedule will be considered subject to the terms and conditions of any agreement between you and the business named overleaf for whom FFA PaySmart (Debit User) acts on behalf of.
4. If a debit item is disputed FFA PaySmart (Debit User) must be notified immediately. FFA PaySmart will endeavour to resolve this matter within Industry agreed time frames. Disputed debit items resolved in favour of FFA PaySmart will incur an administration fee.
5. Direct debiting is not available on the full range of accounts and as such you must check with your financial institution.
6. When a debit day falls on a weekend and/or a national public holiday all debits for that weekend or national public holiday will be processed on the PREVIOUS WORKING DAY.
7. FFA PaySmart may, under certain provisions of the "Privacy Act 1988" give information about you to a credit reporting agency. This information will be limited to repayments which are overdue pursuant to the terms and conditions of any contractual agreement between you and the business named overleaf and for which debt collection has started.
8. It is your responsibility to ensure cleared funds are available in your nominated bank account/credit card to meet the direct debit payment. If a debit is returned unpaid by your financial institution, you will be responsible for payment of the debit plus an additional \$15.00 for return fees and administrative costs incurred by FFA PaySmart (Debit User). If FFA PaySmart (Debit User) has not received instruction to the contrary from you, we will debit both the next due payment and any overdue amounts on your next scheduled debit date.
9. This authority shall stand pursuant to the terms and conditions of any contractual agreement between you and business named overleaf. The administration only of this authority is conducted by FFA PaySmart (Debit User) acting as a billing agent for the business. The services provided by FFA PaySmart are administrative only and do not extend to the provision of any services or benefits provided by the business / centre. This authority shall be interpreted and enforced pursuant to the laws of the state of Queensland.
10. To stop or cancel a direct debit it is recommended that you contact the business named overleaf in the first instance. The terms and conditions or any agreement between you and the business for whom FFA PaySmart (Debit User) acts on behalf of must be complied with. However, if a dispute occurs between you and the business all enquiries regarding a stop or cancellation of a direct debit should be directed to either FFA PaySmart (Debit User) or your own financial institution.
11. FFA PaySmart (Debit User) is a licensed commercial corporation regulated by the Queensland Office of Fair Trading and collected funds are held in trust until disbursement. In event of fraud where FFA PaySmart is not at fault, FFA PaySmart will be free of any legal liability.
12. No account records or account details will be disclosed to any person or persons except where such information is required in connection with any claim relating to an alleged incorrect or wrongful debit.
13. All enquiries in relation to refunds must be directed to the business named overleaf.