

MEMBERSHIP APPLICATION FORM 2010/2011

The Multigym is equipped with two stationary cycles, a leg curl/extension machine, a hip flexion machine, a squat machine, a tread mill, a cross trainer and multi-station machine with bench press, pull down, chin-up bar, e.t.c... Wall charts describe the exercises which can be carried out. It also has some large mirrors fixed to the walls. Multigym club membership will be limited to a maximum of 250 persons and memberships will be allocated on a first-come-first-serve basis.

If you wish to join please complete the questionnaire and return the bottom part of this page in an envelope marked 'MULTIGYM' to the Bursarial Assistant with a cheque for £17 made payable to Queens' College, or indicate you wish to pay on your College bill. **Please DO NOT come to the office unless you have a question since it is very busy at this time of year.** The membership fees are being used to pay off the debt on the purchase of the present equipment and to enable us to buy more equipment in the future.

When your application is accepted your University card will be activated to allow access to the Multigym.(please allow 2-3 days for this). If you require training or advice on how to use the equipment there will be a list of trainers on the gym door with times they will be available. Alternatively you can contact them privately to arrange a convenient time to meet. Training is not only for safety, but also to teach you the proper order in which to work on the machines and how to perform the exercises with proper style; these factors can make an enormous difference to the effectiveness of your sessions.

Please return to Lilani in the Bursary

I would like to join the multigym club for the year 2010/2011.

NAME (BLOCK CAPITALS)..... **Email**

I am an undergraduate/graduate/employee/Fellow

I have never /occasionally / regularly used multigym equipment.

Will you be at Queens' next academic year? YES/NO

If you will still be at Queens' would you like to be sent a renewal form when your current card expires? YES/NO

I enclose £17 (£23 for family member) cheque/cash as payment.

or

Please add this to my college bill

The club depends upon its members to take an interest in its success, to participate in communal responsibility for the care of the equipment and to abide by the rules. I have read the attached rules and agree to them. I accept that the college accepts no liability for my use of the multigym.

Signed..... Date

Those who have not been regular users of gym equipment will be required to have a training session with one of the nominated trainers who will then sign a form to confirm training.