

PLUS
FITNESS

Dear Member,



Welcome to Plus Fitness Family!

Plus Fitness is an award-winning Australian Top franchise chain that has been operating since 1996. Present on 2 continents of the world, covering 3 countries & spread out with over 300 clubs present in 12 plus cities, with over 1000's of employees & lakhs of loyal members. Plus Fitness continues to open a new gym somewhere in the world every 21 days, displaying the strength of both our brand & business model. 50% of the Plus Fitness franchisees globally are multiple club owners. Plus Fitness is "Working Towards A Healthier India" by providing good quality service, world-class equipment, and facilities, 24/7 at a reasonable price with a focus on the profitability of our Franchisees. The faith that our brand carries is through years of care & service to our members.

Plus Fitness is dedicated to helping you achieve your personal fitness goals by providing you with a friendly and supportive exercise environment that is conveniently available to you 24 hours a day, 7 days a week!

If you haven't already, we encourage you to book your complimentary Fitness Assessment and Program session. During this session, we will help you establish your goals, provide you with a fitness program to work to and teach you how to use any equipment that you may be unfamiliar with.

This 'Welcome Information Booklet' will tell you all you need to know about Plus Fitness and your membership and we ask that you set aside just a few minutes to have a quick read.

Our aim is to always provide you with the best exercise environment possible. Please ask our friendly staff if you have any questions and we look forward to seeing you exercising regularly at our gyms

Kind Regards,

Siraj Lalani
Master Franchisee



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MEMBERSHIP BENEFITS



24/7 GYM ACCESS

All members have access to every Plus Fitness, 24 hours a day, 7 days a week, 365 days a year. 24-hour gym access systems provide a convenient and secure way for you to manage access to your gym.



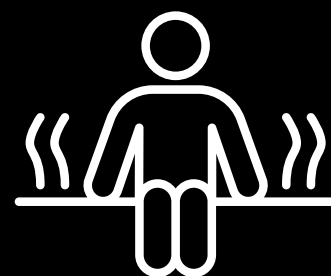
GROUP CLASSES

Enjoy a diverse schedule of group fitness classes in a fun and energizing setting. We offer classes like Yoga, Dance, High-intensity interval training, Functional training, Circuit training, and many more.



SAUNA / STEAM

Far Infra-Red therapy involves the use of far Infra-Red rays to gently heal, soothe, stimulate, and detox the body as well as the mind. 20-30 minutes of Detox Care equals 10 km of Jogging. Lose up to 600-900 Calories in every session.



NUTRITIONAL ADVICE

At Plus Fitness we offer Nutritional Advice to every client as a standard. If you want a tailored nutritional food plan worked out for you to complement your training regime and maximize your results then we can provide this for you at a small additional cost.



MEMBERSHIP BENEFITS



MOBILE APP

The Plus Fitness App gives you access to over 1400 exercises plus rewards, goal setting, awesome monthly challenges, class schedules, member deals and much more. Use the app to interact with fellow members and push yourself towards success.



PERSONAL TRAINERS

We have highly experienced and qualified personal trainers. Meeting with a Personal Trainer on a regular basis is something we highly recommend. Personal Training will greatly assist you in escalating the achievement of your health and fitness goals as well as help you to form the habit of exercising on a regular basis.



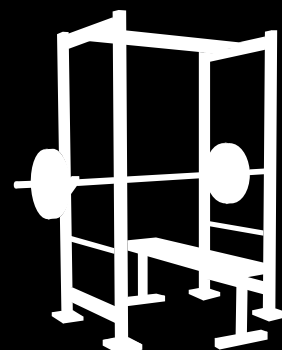
GLOBAL MEMBERSHIP

By joining one of the Plus Fitness global memberships plan, you can instantly get access to all Plus Fitness clubs across the world at no extra cost.



STATE-OF-THE-ART EQUIPMENT

We offer a wide range of state-of-the-art equipment including cardio equipment, pin-loaded machines, plate-loaded machines, free weights, functional training zones, Kettlebells, a stretching area, and much more.





GYM ETIQUETTE

- + Towel & deodorant should be used all time, for hygiene reasons.
- + Normal footwear must be removed outside & sports shoes to wear for workout.
- + Getting non members along is not permitted.
- + Do not open door for anyone.
- + Do not block equipment, please share.
- + Put weight back at right place after use.
- + Do not drop / throw weights on floor.
- + It's unisex gym, please maintain discipline.



COMPLIMENTARY FITNESS ASSESSMENTS

Complimentary Fitness Assessments and Exercise Programs are available at no charge for all members. If you would like to take advantage of this complimentary service then please speak to a member of our team who will happily arrange this for you. You are also able to book in for a Reassessment and to have your Exercise Program reviewed every 6 to 8 weeks. This will assist in tracking your progress and adding some variety to your exercise, a key way to maintain motivation and achieve your goals. In order to ensure that the results of your fitness assessment are as accurate as possible, please review the following guidelines. Your assessment will be given on the assumption that you have followed these recommendations.

1. Wear loose-fitting clothing (jogging attire, shorts, training shoes, etc)
2. Avoid eating or drinking for 3 hours prior to your assessment.
3. Avoid alcohol, tobacco, and coffee for at least 3 hrs prior to your assessment.
4. Avoid exercising on the day of your assessment. Exercise will elevate your blood pressure and resting heart rate, invalidating these measures.
5. Try to get a good sleep the night before your assessment.
6. Please inform a member of staff if you are suffering from any acute respiratory infection or related condition.

Your fitness assessment will include the measurement of one or more aspects of your health and fitness. It may include your weight, cardiovascular condition (resting and exercise heart rate performance), body composition, musculoskeletal position, blood pressure, and body size (circumferences). The objective of your first assessment is to give you a baseline from which to measure your performance. Subsequent assessments are available based on your instructor's advice, so you will have to book when your next assessment is due. This assessment will provide a benchmark from which you can measure your continued progress.

Please ensure that 24 hours notice is given if you are unable to attend your assessment. Your instructor will be here especially to assess you, so prior notice of nonattendance would be greatly appreciated. If you miss your appointment without notice a deposit of Rs 1500 may be required for future appointments.



PERSONAL LIABILITY

It is important that all members read the Plus Fitness personal liability statement on the Plus Fitness website. I acknowledge that I am aware of the inherent risks of injury or ill health resulting from the use of the services & participation in exercise generally in consideration of participation in activities within Plus Fitness, I agree to release and indemnify the franchisee of the fitness center, Plus Fitness & any company associated with Plus Fitness. I agree to participate in all activities at my own risk and responsibilities whether supervised or not by staff. I agree to release and hold harmless the franchisee of the fitness center, Plus Fitness and any associated parties from and against actions, which may be by me or on behalf of me in respect of any incident arising out of injury, loss, damage or death caused to me or my property in any way what so ever.

OWN A GYM

FRANCHISE



07575 06 7777

PLUS FITNESS

Thank You & Enjoy!

Thank you for taking the time to read through your Welcome Information.

It's now time to start exercising and enjoying the benefits of a fitter and healthier you!

Please do not hesitate to come and see any member of our team if you have any questions or queries!



www.plusfitness.co.in



"Working Towards A Healthier India"