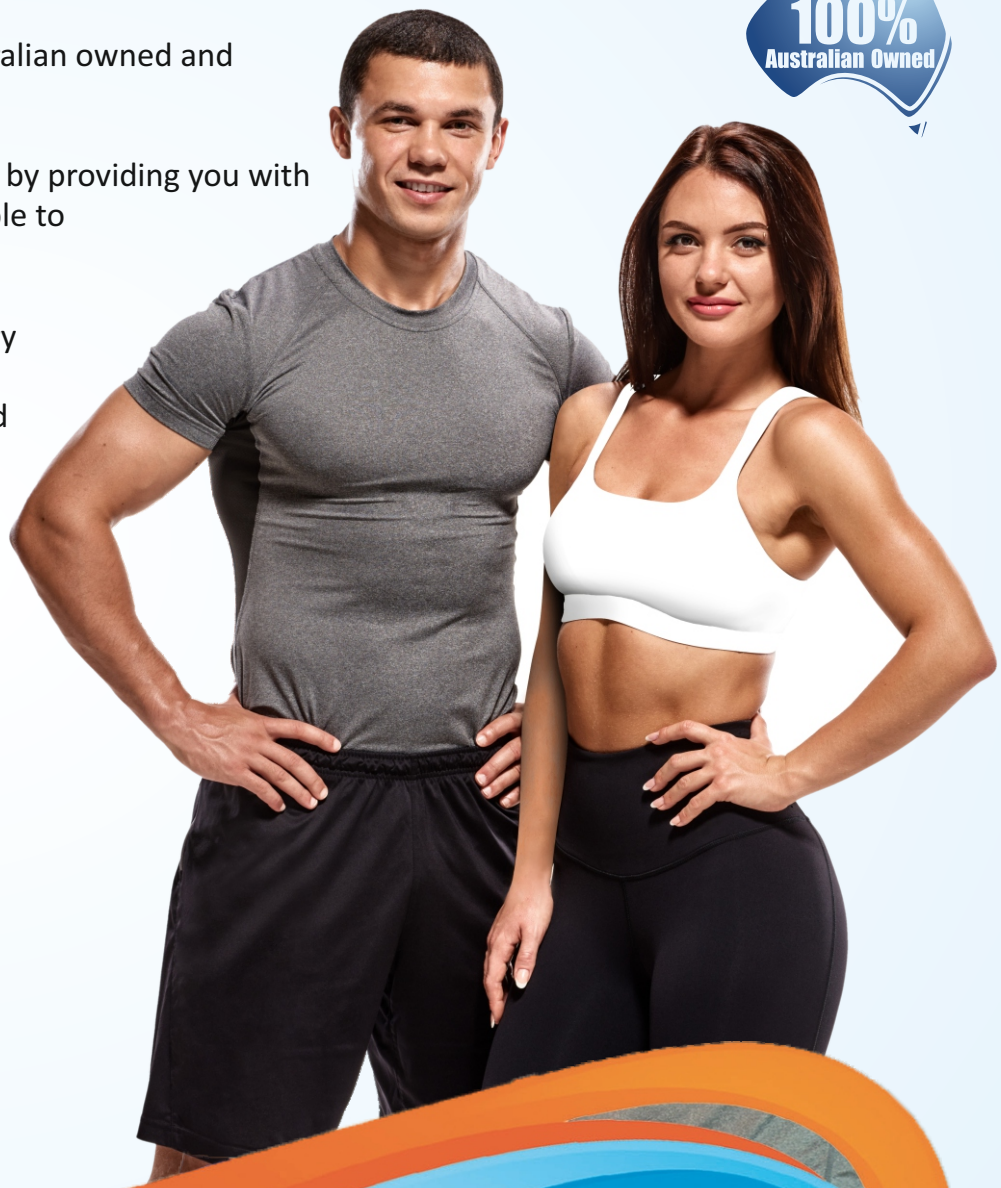
Plus fitness 24/7

# Welcome to Plus Fitness

**Working Towards A Healthier India**

# *Welcome to* PLUS FITNESS

***Congratulations on making the decision to become a member of Plus Fitness***




Plus Fitness is one of Australia's largest groups of Franchised gyms, is Australian owned and has been operating gyms since 1996!

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 in for 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 a Plus Fitness and your membership and we ask that you set aside just a few minutes to have a quick read.

One of the many benefits of being a member of Plus Fitness is that you have access to all Plus Fitness'. With new gyms opening all the time, this makes exercising regularly even more convenient for you. To find out where all of the Plus Fitness' are located simply jump on our website**: www.plusfitness.co.in**

Our aim is to always provide you with the best exercise environment possible. If you have any comments or feedback on our service or facilities you can email us at the club email which is mentioned on our website.

Please ask our friendly staff if you have any questions and we look forward to seeing you exercising regularly at our gyms

Kind Regards,

*The Plus Fitness Team*

# 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.

## FAR INFRARED SAUNA

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 to 10 km of Jogging. Lose upto 600-900 Calories in every session.

## NUTRITIONAL ADVICE

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

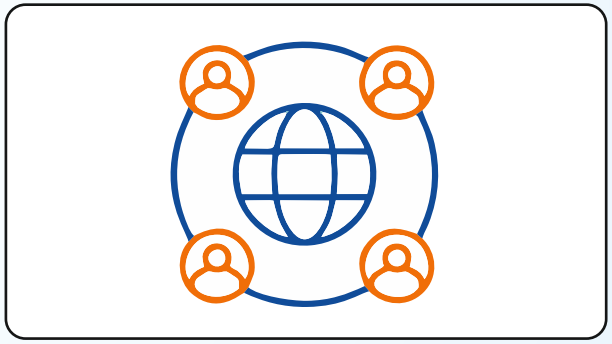
## VIRTUAL CLASSES

Most Plus Fitness' have a fitness studio containing our unique virtual program. This program provides members with a wide range exercise classes taught by our team of 'virtual instructors'! Classes range from; Aerobics, Strength Training, Dance, Indoor Cycle, Strength Training right through to Yoga! Virtual classes are great to do either alone or with friends and fellow members! Instructions on how to use the Classes system are in the studio however if you need assistance please ask and we will be happy to help.

## PERSONAL TRAINERS

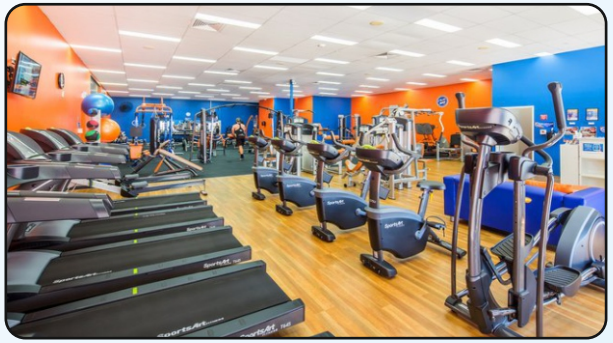
We have highly experienced and qualified personal trainers. Meeting with a Personal Trainer on a regular basis is something we highly recommend. Personal Training will greatly assist you in escalating the achievement of your health and fitness goals as well as help you to form the habit of exercising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

## GLOBAL MEMBERSHIP



By joining one Plus Fitness you can instantly get access to all Plus Fitness clubs across the world with 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,  Kettle bells, stretching area and much more.

## First Aid

In the event that you or another individual becomes injured, you have two options available:

1. Minor injuries, cuts, abrasions, etc - a first aid kit is located in the member's area. Please use this at will.
2. Serious injuries that require medical treatment - dial 108 for ambulance service.

No matter how minor, please report all injuries and incidents to a staff member.

## Gym Access

All members have access to every Plus Fitness, 24 hours a day, 365 days a year. *

To enter the gym all you need to do is simply place your Access Card or Key Fob in front of the door sensor, wait for the green light and open the door! Make sure you keep your Access Card or Key Fob secure at all times. There is a fee to replace lost or damaged cards.*

## Your Safety

Your gym is un staffed at certain times of the day and night. The staffed hours are displayed on the main entrance door of the gym.

## Security

Your Plus Fitness is equipped with the latest Video Surveillance technology which is constantly recording. The Video Surveillance can be remotely viewed at any time by the gyms security provider and Plus Fitness Franchisee.

## Inappropriate Use of Personal Access Card

Any member providing access to the gym for a non-member or for a member who has lost or damaged their Personal Access Card, will be charged a Rs 5000 penalty. This policy is regardless of whether the person provided access exercises or not. This policy is strictly adhered to and is in the best interest of everyone's safety and wellbeing. This policy does not apply if admitting emergency services personnel at a time of emergency.

## Towel Usage

You are required to use a towel at all times whilst training. You may be asked to leave and return with a towel if you do not have one. Towels are also available to purchase for a small fee during staffed hours. Using a towel ensures that the equipment is kept clean and hygienic for all members.

## Toilet and Shower Facilities

There are toilet and shower facilities located in Plus Fitness'. These facilities are often designed for single person usage and we ask that you do not leave your personal belongings in them while you exercise. We also ask that you respect these facilities in the interest of your fellow members and that you leave them clean, neat and tidy, thank you.

## Lockers

Lockers are available for you to use while exercising. Plus Fitness does not take any responsibility for bags or any personal possessions left in the lockers.

## Minimum Age Requirements

Only 14 years and above.

## Children in the Gym

For their safety, under no circumstances are children permitted entry to the gym. Breach of this could result in termination of your membership. Some clubs have a crèche available, ask in club if this is a service they provide, crèche operating hours differ depending on location.

## Personal Training

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.

Your Plus Fitness Personal Trainer will be committed to you achieving your goals and will provide you with the support and guidance that you need to succeed. As well as educating and supporting you with your exercise they will also guide you through the right types of foods you should be eating, how much and when.

Personal Training is very cost effective and should be seen as an investment in your health and wellbeing. To find out more speak to one of the staff at your Plus Fitness.

## Exercise Equipment

Our gym has the latest, state of the art exercise equipment that has been ergonomically designed and tested to make sure it is highly effective and safe. Our equipment is regularly maintained and serviced to minimize any service issues however if you notice that something needs fixing just let us know and we will get right onto it!

Cardio Equipment: You will use the Cardio Equipment such as Treadmills, Bikes, Elliptical Trainers and Rowers to burn body fat and keep your heart in great condition.

Strength Equipment: A number of our strength equipment pieces are designed to exercise two muscle groups. There are instructions on the equipment to explain this however please speak to a staff members if you require assistance.

Strength training will assist you in maintaining or building lean muscle tissue. Using Strength Equipment will help you burn fat and increase strength. This equipment can also assist you in bulking up, dependant on how it is used.

Weights: Weights are designed to give you total range of motion in a movement. Might's include the dumbbells, barbells, weight plates, and racks. When using weights it is recommended you train with a 'training buddy' to ensure you get the most out of your session as well as for your safety.

If you are unsure how to use any of the equipment in the gym please ask a staff member for assistance.

## Keeping Your Gym Tidy

Please return all equipment and weights to the racks provided when you are finished with them. This will ensure we maintain a safe environment for both you and your fellow members.

## Virtual classes

Most Plus Fitness' have a fitness studio containing our unique Classes On Demand program. This program provides members with a wide range exercise classes taught by our team of 'virtual instructors'! Classes range from; Aerobics, Strength Training, Dance, Indoor Cycle, Strength Training right through to Yoga! Classes On Demand are great to do either alone or with friends and fellow members! Instructions on how to use the Classes On Demand system are in the studio however if you need assistance please ask and we will be happy to help.

## Functional Training Zone

Another great feature at many Plus Fitness' is our Plus Fitness Functional Training Zone. This area of the gym allows you to do the latest in Cross Fit style workouts including exercises such as suspension training, boxing, squats and a huge range of body weight exercises. You can use the Plus Fitness Functional Training Zone on your own, in a group or one on one with your own Personal Trainer. This unique style of training adds unlimited variety to your training and will accelerate the achievement of your fitness, sports and weight loss goals. If you are not sure how to use the Functional Training Zone speak to one of our friendly staff.

## Complimentary Fitness Assessments & Exercise Programs

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 specially to assess you, so prior notice of non attendance would be greatly appreciated. If you miss your appointment without notice a deposit of Rs 1500 may be required for future appointments.

## Membership Timehold

You are able to place your membership on temporary 'Time Hold'. Time Hold is for a minimum period of 2 weeks and a maximum period of three months in each year with an additional one off fee of Rs 1500. Each year commences on the anniversary of your joining date.

## 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 use of the services & participation in exercise generally inconsideration of participation in activities within a 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 an 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.

## Attire and Personal Hygiene

It is important to only wear exercise clothing whilst using the gym. The wearing of non-exercise clothing is not permitted whilst exercising in the gym. Running shoes or other similar soft soled gym shoes must be worn at all times. For your safety, formal shoes, open toed sandals, flip flops and work boots are not permiffed to be worn in the gym. Clean exercise clothing is required at all times as is the use of deodorant or other similar personal hygiene products. We respectfully request this in the best interests of all members.

# FRANCHISE OPPORTUNITIES

## Now Available!

- ✔ Award-winning brand
- ✔ 24/7 Gym Franchise
- ✔ Affordable Set Up Costs
- ✔ State Of The Art Equipment
- ✔ Proven Systems
- ✔ Ongoing Franchise Support
- ✔ Exclusive Territories
- ✔ 250+ Gyms Globally

www.plusfitness.co.in

indiawest@plusfitness.co.in

**7575 06 7777**

BRW fast franchises

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PROUD MEMBER OF FCA FRANCHISE COUNCIL OF AUSTRALIA

Winner NAB FCA Excellence in Franchising Awards 2013

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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!

*Thank You And Enjoy!*

**PLUSFITNESS.CO.IN**