

I'M Hotel Gym Membership Application Form

Please fill out all necessary details including your method of payment. It is important that the medical questionnaire is completed and signed as well as the terms and conditions of the contract.

The minimum age for members is 16 years old.

We will need to take a photo of you at reception to put with your membership details.

PERSONAL DETAILS:

Full Name: _____

Gender: _____ Date of Birth: _____

Address: _____

Mobile Number: _____

Email Address: _____

EMERGENCY CONTACT DETAILS:

Contact Person: _____

Relationship: _____

Address: _____

Mobile Number: _____

MEMBERSHIP TYPE

Please indicate the type of membership you require by ticking the relevant box.

- Php 10,950 Three (3) months membership (Php 3,650 / month)
- Php 19,950 Six (6) months membership (Php 3,325 / month)
- Php 39,950 One (1) year membership (Php 3,329 / month)

MODE OF PAYMENT

- Cash
- Credit Card

TERMS AND CONDITIONS

Please read the following carefully and sign the declaration below.

- You must show your membership card at gym reception upon arrival. Without your membership card, you will be unable to use the gym.
- If a card is lost, a replacement will be made on receipt of Php500 to cover our administrative costs.
- Members are allowed to the use of the gym facilities during operating hours from 6:00 AM to 12:00 MN, Monday to Sunday.
- The gym is for the use of I'M HOTEL gym members and in-house guests only, therefore guests are not allowed.
- In case of any gym equipment breakdown or damage upon your use, you will held liable and to be charged in your account.

CONSENT TO EXERCISE

Exercising is an essential part of maintaining a healthy lifestyle. Some people however are unable to participate fully due to illness or other medically restrictive reasons. It is therefore important that the following questions are answered fully and honestly to enable us to ensure that our members can exercise safely. Please ensure that you sign the declaration below.

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PARQ)	YES	NO
1. Have you ever suffered from any cardiac (heart) related illness?		
2. Have you ever suffered from respiratory difficulties?		
3. Have you ever suffered from fainting, migraines or loss of balance?		
4. Have you ever suffered from any bone, joint or muscle related disease?		
5. Is there any history of heart disease in your family?		
6. Have you experienced chest pain whilst exercising?		
7. Do you have high blood pressure?		
8. Do you have elevated cholesterol levels?		
9. Are you currently taking prescribed medication?		

If you answered 'yes' to any of the above, please give details below. All information is held in strictest confidence and accessible only by the gym manager and relevant staff.

DECLARATION OF CONSENT TO EXERCISE

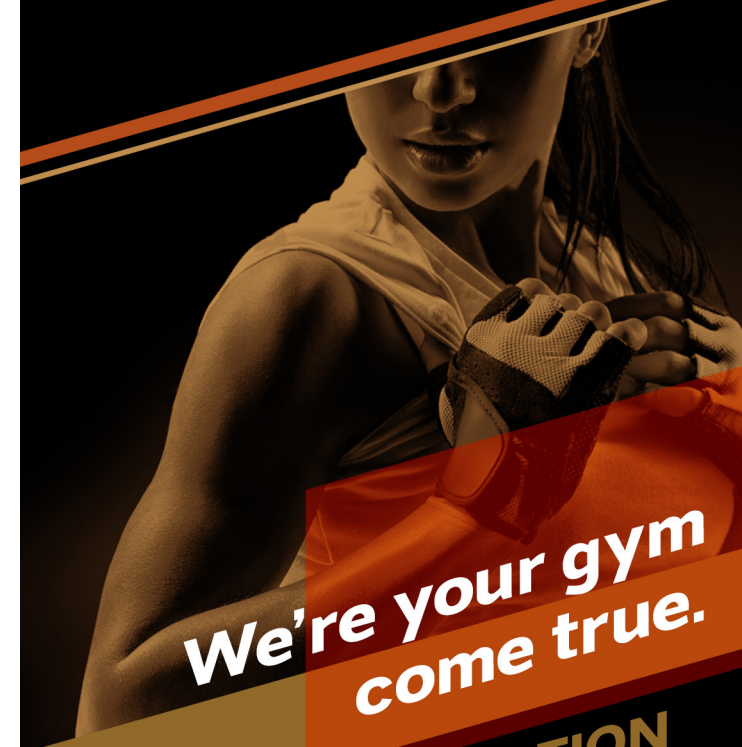
I confirm that all the answers above are true to the best of my knowledge and I believe I am able to participate in exercise at I'M HOTEL FITNESS CENTER.

Signature: _____

Date: _____

- For reasons of health and safety, members must adhere strictly to the following:
 1. All free weights are to be returned to their racks after use.
 2. Cups and mugs are not allowed in the gym or studio.
 3. Tracksuits or shorts and t-shirts must be worn at all times.
 4. Suitable footwear should be worn at all times.
 5. Offensive language or behaviour will not be tolerated.
 6. Clashing weights, excessive noises and mistreatment of equipment will not be tolerated.
- Anyone thought to be under the influence of alcohol or drugs will be ejected and their membership will be reviewed.
- I'M HOTEL Gym management reserve the right to exclude any member they deem not to be adhering to any of the above or who by their actions poses a health and safety risk to others.

I'M HOTEL FITNESS CENTER MEMBERSHIP



We're your gym come true.

GREAT LOCATION
 TOP-NOTCH FACILITIES
 AFFORDABLE PRICING

Powered by:



I'M Hotel Fitness Center
 M1 Level, I'M Hotel, 7862 Makati Ave. cor. Kalayaan Ave.
 Makati City, Philippines 1210
 (+632) 7557 888 • info@imhotel.com
 www.imhotel.com • imhotelph

I'M Hotel Fitness Center

At I'M Hotel, your well-being is our commitment. Our gymnasium is equipped with the essentials to help you reach your fitness goals. Memberships are exclusive and capped. This means that our members will get to enjoy our facilities with minimal hassle.

State-of-the-Art Gym Facilities, Powered By Lifefitness

- Treadmill
- Cross-Trainer
- Exercise Bike
- Upright Bike
- Leg Extension/Leg Curl
- Chest Press/Shoulder Press
- Lateral Pulldown/Seated Row
- Power Tower
- Dumbbells



We are more than just a gym. Sign up with us to get exclusive discounts off room rates and F&B offerings.



YOUR ALL-ACCESS MEMBERSHIP CARD

Membership Fee

TERMS	PRICE
Three (3) Months	Php 10,950 (3,650 / month)
Six (6) Months	Php 19,950 (3,325 / month)
Twelve (12) Months	Php 39,950 (3,329 / month)

Membership Privileges

GYM MEMBERSHIP	3 Months	6 Months	12 Months
ROOM BENEFITS:			
Unlimited Access to Fitness Center	✓	✓	✓
Use of Lockers	✓	✓	✓
Unlimited WiFi Access	✓	✓	✓
F & B BENEFITS:			
Discount at The Common Good	10% OFF	10% OFF	15% OFF
HOTEL BENEFITS			
10% Off best Available Rates	✓	✓	✓
Access to the Club Lounge during a stay	✓	✓	✓
Parking (maximum 3 hours a day)	✓	✓	✓
I'M ONSEN SPA BENEFITS			
Access to I'M Onsen Spa Wet Facilities (Sauna, Steam, Shower Area)	✓	✓	✓
Access to the Swimming Pool			✓
One Time Complimentary 60-minute Massage			✓
Discount on all A la carte Spa Treatments	10% OFF	10% OFF	15% OFF
Discount on Retail Products	10% OFF	10% OFF	15% OFF