

# Oxygen Studio Enrolment Form

February 09

92 Dudley St Coogee | 9665 1502 | Fax 8080 8141 | www.oxygenstudio.com.au

Full Name: \_\_\_\_\_ Contact number: \_\_\_\_\_

Address: \_\_\_\_\_

Email for your confirmation: \_\_\_\_\_

## Step 1: Select Your Package

### Total Body Transformation

The solution for weight loss, toning and energy.

This program is the freshest kick start you will ever be able to give your body – this is the program for clients whose goals include losing weight, become toned, gaining motivation, improving strength and fitness, improve your health for life- all under the guidance and motivation of the Oxygen Personal Training team.

#### Here's what you receive when you are training in the Transformation Package:

- A personal Transformation Coach.
- 3 x sessions of face-to-face training with a personal trainer per week (choice of training options).
- Weekly measurements of weight & body fat % to monitor your progress along the way.
- Weekly feedback on your nutrition diary.
- Structured Goal setting to plan your path to success.
- Charting of your sessions completed and average heart rate per session to measure fitness and calories burned.
- Before and After photo (YES in a swimsuit).
- **Complimentary** Oxygen Personal Training T-Shirt and Oxygen Personal Training Water Bottle. **(valued at \$25)**

\*Rates listed below are the total cost per week - and are inclusive of all of the above.

Option 1: 1 x personal training session + 2 x Energise sessions per week = \$169 per week

Option 2: 3 x Energise sessions per week = \$115 per week

### Total Body Fitness

Increase and maintain your fitness for life.

This program is the ideal program for clients who are looking to challenge and increase their fitness or want a time effective, long term solution to build and maintain their fitness for life.

#### Here's what you receive when you are training in the Total body fitness package:

- A minimum of 2 x sessions of face-to-face training with a personal trainer per week (choice of one on one and group training options).
- Motivation and Goal setting session.
- Monthly measurements of weight & body fat % to monitor your progress.
- **Complimentary** Oxygen Personal Training T-Shirt and Oxygen Personal Training Water Bottle. **(valued at \$25)**

\*Rates listed below are the total cost per week - and are inclusive of all of the above.

#### Basics:

Option 1: 2 x One on One Personal Training sessions Per week= \$160 per week

Option 2: 2 x Energise sessions per week = \$66 per week

Option 3: 2 x Outdoor sessions per week = \$41 per week

#### Plus+:

Plus an Extra: 1 x One on One Personal Training session per week = \$80 pw

Plus an Extra: 1 x Energise Session Per week = \$30 per week

Plus an Extra: 1 x Outdoor Session Per week = \$17 per week

## Step 2: Select Your Group Sessions (Starts Nov 10th)

**Energise-** Train on cross trainer, rower, treadmill, weights, spin bike with a personal trainer in the studio. Max group size 6.

- |  |  |   |   |
|--|--|---|---|
| <input type="checkbox"/> 5:30am Monday         | <input type="checkbox"/> 9:30am Tuesday          | <input type="checkbox"/> 6:00am Thursday      | <input type="checkbox"/> 8:00am <b>Saturday</b> |
| <input type="checkbox"/> 6:00am Monday         | <input type="checkbox"/> 6:30pm Tuesday          | <input type="checkbox"/> 6:30am Thursday      | <input type="checkbox"/> 9:00am Saturday        |
| <input type="checkbox"/> 6:30am Monday         | <input type="checkbox"/> 5:30am <b>Wednesday</b> | <input type="checkbox"/> 6:30pm Thursday      |   |
| <input type="checkbox"/> 6:30pm Monday         | <input type="checkbox"/> 6:00am Wednesday        | <input type="checkbox"/> 5:30am <b>Friday</b> |   |
| <input type="checkbox"/> 7:30pm Monday         | <input type="checkbox"/> 6:30am Wednesday        | <input type="checkbox"/> 6:00am Friday        |   |
| <input type="checkbox"/> 5:30am <b>Tuesday</b> | <input type="checkbox"/> 6:30pm Wednesday        | <input type="checkbox"/> 6:30am Friday        |   |
| <input type="checkbox"/> 6:00am Tuesday        | <input type="checkbox"/> 7:30pm Wednesday        | <input type="checkbox"/> 9:30am Friday        |   |
| <input type="checkbox"/> 6:30am Tuesday        | <input type="checkbox"/> 5:30am <b>Thursday</b>  |   |   |

**Oxygen Outdoor-** Fitness- boxing, strength work, abs and running

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> 6:00am Tuesday | <input type="checkbox"/> 6:00am Thursday  | <input type="checkbox"/> 6:00am Friday |
| <input type="checkbox"/> 6:30pm Monday  | <input type="checkbox"/> 6:30pm Wednesday |  |

## Step 3:

Book into your focus session:  
**Inspiration, mindset, goal setting and nutrition**

- Feb 10<sup>th</sup> at 6.15pm

## Step 4:

Complete Your Payment Details

Cost per week: \$ \_\_\_\_\_

First Debit Date: \_\_\_\_\_ Regular Debit Date: \_\_\_\_\_

Select your payment method.

- Credit Card Fortnightly     Credit Card every 4 weeks

Card Number: \_\_\_\_\_ Expiry: \_\_\_\_\_ CCV: \_\_\_\_\_

- Direct Debit Fortnightly     Direct Debit Monthly

BSB: \_\_\_\_\_ Account Number: \_\_\_\_\_  
(a direct debit form will be forwarded to you for completion)

## Step 5:

Read the terms and conditions and sign below

**Terms and Conditions:**

**Payment must be received to guarantee a place @ Oxygen**

**Cancellations and Refunds:**

- If you advise us of a cancellation in writing 7 days before the start of training you will be eligible for a refund of your first debit.
- Cancellations advised within 7 days of a course start date will result in a full loss of first debit.

**Term of Training Programs:** Oxygen require a minimum time and financial commitment of 12 weeks from the commencement date of training for any transformation program. This is to ensure that you have given your best effort to achieving your goals.

**Leave from Training:** After your first 12 weeks you can apply for a leave from training if you will be away from training for 2 weeks of training or more. The office must receive a **Variation Form** 4 weeks before your leave dates.

**Resignation from the team:** If you wish to resign from the Oxygen team for any reason we require 4 weeks written notice, stating the reason you no longer can benefit from working with the team.

Oxygen cannot refund or put on hold sessions for students who are unable to attend due to a change of work commitments, personal circumstances or any other reason beyond the control of Oxygen

**Transfer between packages: Total Body Transformation-** so that you can receive the maximum benefit from the Transformation program the minimum participation is 12 weeks.

**Debits** are always in advance, and are completed on Weds.

**Total Body Fitness:** You can transfer from fitness to transformation at any time, depending on the availability of places in sessions.

**Pre-Exercise Questionnaire:** We require all clients to fill in a pre-exercise questionnaire before their first session.

**Injuries/Special Needs:** We wish to advise all clients that it is their personal responsibility to inform their trainer or any new trainer with whom they have not haven't trained with before, about any personal injuries, concerns, special needs, capabilities and what their personal limitations are. This also applies to any new injuries. Our trainers are always ready to make time at the start of a session to discuss any medical conditions.

**Suitability of Group sessions:** We strongly advise that group sessions cannot be tailored to an individuals needs and are not suitable for those who have special needs, recovering from a chronic injury or require exercise as rehab. We suggest clients with these symptoms/needs attend a 1on1 private session prior to joining a group class for a full assessment.

**If you are unsure of any exercise:** You must let your trainer know immediately - your trainer will be only too happy to repeat instruction & offer a demonstration if required

**Missed Group Classes:** Please prioritise your booked training as missed sessions will be forfeited. If you have missed a class during the term it may be possible to attend an alternative session at a suitable alternative class if space permits. Please contact the Oxygen office to see if there is space in a class.

-All alternative sessions must be attended in the same term as your enrolled course.

-You will not be refunded or credited for any missed sessions (includes Energise Sessions)It is appreciated if clients give a minimum of 24hours notice for any cancellation of session booking to allow the studio to make your time available to other clients.

**Attendance: Personal Training:** 24 hour's notice of cancellation must be given for session to be rescheduled. Without 24 hours notice the session cost will be forfeited.

**Change of class time:** You may be able to transfer from one class time to another, but only within the same term. If you require a transferred time contact the Oxygen office to see if there is a suitable alternative time. A change of class time depends on space being available and this cannot be guaranteed.

**Expiry of Sessions:** All unused sessions will expire at the end of your term commitment without exception.

**Arrival:** It is requested that all participants arrive a few minutes BEFORE the start of the session.

**Late Arrival:** Anyone who arrives more than 5 mins late will not be permitted into the session, This is because the warm-up will have been missed placing you at risk of injury. The session will commence ON-TIME so any late arrivals will also be disrupting to the group. Fees will not be refunded nor reduced if the client arrives after the agreed time.

**Outdoor Sessions and wet Weather:**

- In the event of light rain the session will still be held.
- If the session is cancelled the session may be made up at another session time during the term.
- You will receive a txt message 15 minutes before the session to tell you if it is relocated or cancelled.

I have read and understood the above terms and conditions

**Signature:** \_\_\_\_\_ **Date:** \_\_\_/\_\_\_/\_\_\_

Oxygen Studio: 92 Dudley St Coogee | 9665 1502 | Fax 8080 8141 | www.oxygenstudio.com.au

➤ **Step 6:**

Fax this form or bring it to the studio

Oxygen Studio 92 Dudley St Coogee Phone 9665 1502 Fax 8080 8141

**Must be completed before your first session.**  
**Oxygen Studio ★ Pre – Exercise Questionnaire ★**

First Name: \_\_\_\_\_ Family Name: \_\_\_\_\_ Occupation: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Mobile: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ \*\*\*\*We use your email to send you receipts and information about new courses and events @ Oxygen. We never disclose your email to third parties.

Date of Birth: (eg. 1st Feb 1984 ) \_\_\_\_\_ Sex: (Male or Female) \_\_\_\_\_  
Day Month Year

1) How did you find out about Oxygen Studio?

\_\_\_\_\_

2) If you found out about us on the Internet, what search engine did you use?

\_\_\_\_\_

3) What is your primary motivation for starting training? E.g. increase muscular endurance

\_\_\_\_\_

4) How would you rate your motivation from 1 – 10?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

5) Briefly describe your **recent (Last three months)** exercise background/ experiences.(e.g// Yoga, weights, treadmill, gym group classes, sport)

\_\_\_\_\_

6) Briefly describe your **past** exercise background/ experiences.(e.g// Yoga, weights, treadmill, gym group classes, sport)

\_\_\_\_\_

7) Have you ever suffered from.....?

Arthritis     Back problems     Muscle Tension     Sports Injury     Heart Trouble  
 Diabetes     Heart Condition     High/ Low blood pressure     Asthma     Chest Pain  
 Epilepsy     Bone or Joint problems     Liver/Kidney condition     High Cholesterol     Other  
 Migraine     Depression     Neck     Knee

If YES to any of the above or other, please explain.

\_\_\_\_\_

What treatment are you seeking for your condition?

\_\_\_\_\_

8) Please provide details of any physical movements or illnesses that cause you difficulty or pain.

\_\_\_\_\_

9) Do you have family history in the following....?

Arthritis     Back problems     Muscle Tension     Sports Injury     Heart Trouble  
 Diabetes     Heart Condition     High/ Low blood pressure     Asthma     Chest Pain  
 Epilepsy     Bone or Joint problems     Liver/Kidney condition     High Cholesterol     Other  
 Migraine     Depression     Neck     Knee

If YES to any of the above or other, please explain.

\_\_\_\_\_

Must be completed before your first session.

10) Are you pregnant YES\_\_\_\_\_ NO\_\_\_\_\_ or attempting to fall pregnant? YES\_\_\_\_\_ NO\_\_\_\_\_

11) Are you currently on any medication? YES\_\_\_\_\_ NO\_\_\_\_\_ If YES, list details below

---

12) How many alcoholic drinks do you consume per week? \_\_\_\_1-3 \_\_\_\_4-6 \_\_\_\_6 or more

13) Do you smoke? YES\_\_\_ NO\_\_\_

14) How would you rate your nutrition from 1 – 10?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

I warrant to my class Instructor and Oxygen Fitness that all the information on this form is correct. I acknowledge that I will not have any claim of any kind whatsoever, against my class Instructor, Oxygen Fitness or any of its employees for any injury, illness or adverse change in medical condition or state of health arising directly or indirectly from the tests, training or advice I have received or undertake. I acknowledge that I will not have any claim of any kind against my class Instructor or Oxygen Fitness should any accident to my person or damage loss of property occur. I furthermore declare myself familiar with all rules and in force as laid down by Oxygen Fitness and agree to always adhere thereto.

Class Participants Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Additional

Comments: \_\_\_\_\_