

Thank you for joining us.

This document contains information regarding your membership, please read it carefully.

Your membership includes:

- Free individualized fitness programmes. Plus regular programme updates and progressions.
- Use of lockers, showers and changing facilities.
- Car parking while using our facility.
- Reciprocal membership at YMCA's throughout New Zealand and any Debit Success affiliated center if you have a Debit success membership.
- Group Exercise Classes (see separate brochure for details).

Fitness Center Code of Conduct

Failure to follow these may result in termination of your memberships

- **Full contact details** and information must be provided on enrolment.
- **A photo** must be taken for identification.
- **A minimum 15 minute medical screening appointment** must be completed on enrolment.
- **Towels** are compulsory in the fitness center and all classes.

- **No Children** (under 14) are permitted to be in the fitness center.
- Only clean and appropriate clothing must be worn.
- **Soft soled sports shoes** (bare feet, sandals or hard soled shoes will not be permitted in the gym).
- **Free weights** must be used with locks and returned to racks afterwards.
- **Do not use** any equipment you are not familiar with.
- **Any member** found allowing non members to gain access without paying will have their membership cancelled.
- **You need to bring** your swipe card to gain access to the fitness center, lost cards will cost \$10 to replace.

Membership Holds / Extensions

Most memberships include one free membership hold / extension, which must be a **minimum of 2 weeks, up to maximum 6 months and arranged in advance.**

A second hold is possible, but costs \$10 and again must be arranged in advance (with payment) and **cannot exceed a cumulative total of 6 months.**

High School Student, Tertiary Student and Off Peak Memberships are discounted memberships and under the terms of those memberships cannot be put on hold or

transferred, no exceptions.

Expiry reminders

We send out membership expiry reminders by email, the month before your membership is due to expire, please ensure we have your correct email address.

Refunds

No refunds on concession cards.

No refunds on memberships unless under exceptional circumstances and only at the discretion of the manager.

Your Programme

For best results we recommend a combination of both **cardiovascular** exercise (using the cycle, treadmill, cross trainer or rower) and **resistance** exercise (using weight machines or free weights).

What will it do?

Cardiovascular exercise will improve the efficiency of your heart, lungs and help you burn calories. Resistance exercise will make you stronger, improve your posture, muscle tone and increase your metabolism.

Cardiovascular Exercise

Do a combination of treadmill, cycle, cross-trainer and rower.

- You should aim to do 20-40 minutes in total. If you are a novice start with 15 minutes and build up gradually.
- Work at an intensity whereby you can talk but not sing! You should feel a bit breathless and certainly warm and a bit damp but not shattered.

Resistance Exercise

Once you can do 15 repetitions (reps) at your **starting weight** comfortably, put the weight up a little and drop the reps back to 10-12. Build up the number of reps each visit until you can do 15 again then put the weight up and drop the reps.

Teaching Tips

- Remember to think about your technique and posture IE with no excess body movement.
- Perform the movement smoothly and with control through a full range of movement
- And finally breathe throughout!
.....exhale on the effort
- If you have any doubts or questions please see on of our trainers, that's why they're here.

Whichever way you look at it, regular exercise is an investment in the present and future of your mental and physical health.

We are here to help and support you all the way !

Bishopdale YMCA Open Hours

Mon – Thursday	6.00am – 9.30pm
Friday	6.00am – 7.00pm
Saturday	8.00am – 5.00pm
Sunday	8.00am – 4.00pm

Information for Fitness Centre Members