
MEMBERSHIP APPLICATION

Surname Mr/Mrs/Miss/Ms _____

First Name _____

Address _____

Town _____

Telephone: House _____

Office _____

Occupation _____

Company _____

D.O.B _____

Initials _____



THE
**MIND, BODY AND
SPIRIT SPA**
AT THE
KIGALI SERENA HOTEL

PERIOD: REGULAR QUARTERLY 1/2 YEARLY YEARLY
 OFF PEAK QUARTERLY 1/2 YEARLY YEARLY

PLEASE LIST MEDICAL HISTORY: i.e. HEART DISEASE; ASTHMA; DIABETES ETC.:

**IT IS ADVISABLE TO CHECK WITH YOUR DOCTOR AFTER
ANY SERIOUS ILLNESS BEFORE COMMENCING
AN EXERCISE PROGRAMME**

I would like to apply for regular/off peak Membership to Maisha at an annual/ 1/2 yearly/quarterly subscription of USD I confirm that I have read and understood the Rules of Maisha and agree to abide by them.

Signature _____ Date _____

OFFICIAL USE ONLY

RATE _____ COMMENCEMENT DATE _____ EXPIRY DATE _____

Approved by _____ Date Approved: _____ Membership No. _____



Rules & Regulations



You are kindly requested to adhere to the following rules and regulations applicable in the Maisha Health Club. Any member, member's guest or hotel resident found to be in breach of these rules and regulations will be asked to leave the health club and their membership (if applicable) may be terminated without a refund.

Thank you.

MEMBERSHIP

1. Memberships are non-transferable, non-refundable and cannot be frozen or suspended when not in use.
2. Only persons over the age of eighteen (18) years shall be eligible for membership
3. Members may invite five (5) guests per month at the daily charge for each guest
4. Member's guest MUST be accompanied by the members introducing them, unless prior approval has been given by the manager, members shall be responsible for their guests' safety and conduct whilst in the health club
5. It is the responsibility of members, their guests and hotel residents to check with their own medical advisor which club facilities should not be used. The health club and/or the management shall not accept any liability in this regard.
6. It is the responsibility of expectant mothers to check with their own medical advisor which club facilities should or should not be used during pregnancy. The health club and/or management shall not accept any liability in this regard.
7. All memberships MUST be renewed on or before the date of expiry.
8. Members MUST inform the management of any change of address or telephone number.

USE OF FACILITIES

9. During peak hours (as determined by the management) a maximum of twenty (20) minutes per member shall be allowed on each cardio equipment.
10. Locker keys will be issued on a "first come, first served basis. There shall be no booking or special requests for locker keys when the health club is busy. Management reserves the right to determine when the health club is busy. All locker keys issued must be returned to the reception desk when leaving the premises. A lost locker key will result in US \$ 10.00 being charged to the member for a replacement.
11. Appropriate gym/exercise clothing and shoes MUST be worn in the gym and aerobics studio.
12. A swimming costume MUST be worn in the jacuzzi.
13. For health and hygiene reasons, please shower before using the swimming pool, steam room, sauna and jacuzzi. Please do not shave in the steam room, sauna, jacuzzi and showers. Use of creams and soaps in the steam, sauna and jacuzzi is prohibited. Please do not use the facilities if you know you have any contagious ailments. Open or unhealed cuts and wounds.
14. Members, their guests and hotel residents shall not use the saunas, steam room or jacuzzi while under the influence of alcohol or anticoagulants, antihistamines, beta blockers, narcotics or tranquilizers. Those with diabetes, heart disease, high or low pressure should first consult their doctor.
15. Consumption, storage or carriage of food, alcohol or drugs into the

- health club is prohibited. Management shall not allow entry in to the health club to persons under the heavy influence (to be determined by Management) of alcohol or drugs.
16. Drying of personal clothing or other items in the sauna is forbidden.
17. Smoking and use of mobile phones is prohibited in all areas of the health club.
18. Personal body guards and firearms are forbidden in the health club.
19. Please do not abuse the guest supplies provided for your comfort e.g. Complimentary juices, towels, soaps, shower gels, creams etc..
20. Glasses, bottles, juices, water, club newspapers and magazines are not to be taken in the sauna, Jacuzzi, steam rooms or out of the health club. Please do not leave the health club with towels, locker keys or any Maisha property.
21. While using the health club, please ensure that personal belongings are securely locked in a locker. Personal belongings should not be left behind in the health club but should be carried away on departure. The health club and/ or Management shall not be held liable for any loss, theft or damage to any personal belongings left behind in the health club.
22. Members, their guests and hotel residents shall be liable for any loss or damage caused to any equipment or facilities in the health club.
23. Any lost property found on the premises shall be kept for (2) weeks from the date of discovery and thereafter disposed off by Management.

TERMINATION

24. Should Management have to caution a member verbally on more than one occasion for disorderly, rude and/ or offensive behavior, the member's membership will be terminated immediately thereafter and with no refund.
25. Management may terminate the membership of any member without a refund in the event that member commits a repeated breach of these rules and regulations.
26. Management reserves the right to terminate any membership without giving cause and refunding the unexpired portion of the member's current subscription.

MISCELLANEOUS

27. The owners of the health club, Management, their agents and staff, shall not be held liable for any loss or damage to the property of members, their guests or hotel residents, neither shall they be held liable for personal injury or death of any member, members' guest or hotel resident, howsoever caused.
28. Management reserves the right of admission, the right to vary the hours of operation and charges levied and the right to vary these rules and regulations from time to time.

I confirm that I have read and understood the rules of Maisha and agree to abide by them.

Name:

Date:

Signature:

Membership No.

