



<b>NEW MEMBER NAME AND SURNAME</b>

## Welcome to Simply You Studio (PTY) Ltd.

Our entire teaching programme is based on the theory that SELF-IMAGE is very important. Thus we use the basis **“THINK, FEEL & LOOK BETTER”**

The type of exercise we teach is Calisthenics or “beautiful strength” which improves flexibility, agility, muscular strength, toning and stretching.

We hope that you would make exercise a part of your daily life and routine and in doing so reap all the benefits that goes with it. Feel free to ask questions regarding any aspect of your classes – We are trained to answer them!

### Member Information

Name and Surname	
ID Number	
Cell Number	
E-Mail	
Sex	
Street Address	
City/Town	
Postal Code	
Occupation	
Emergency Contact	
Emergency Contact Number	
Birthdate	
Age	
Doctor Name	
Doctor Number	
Medical Aid	
Medical Aid Number	
Medical Plan	

### Medical History / Questionnaire

**SIMPLY YOU STUDIO (PTY) Ltd.**  
 121 Reier Road,  
 Atlasville,  
 Shop No. 4 & 3A,  
 M&B Centre.  
[violanda@simplyyou.studio](mailto:violanda@simplyyou.studio)



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**NOTE: If YES, please give details**

Has anyone in your immediate family suffered from a heart condition?

YES / NO

Have you ever suffered from a heart condition?

YES / NO

Do you suffer from pains in your heart or chest?

YES / NO

Do you suffer from high Cholesterol?

YES / NO

Do you ever feel faint or have spells of dizziness?

YES / NO

Do you suffer from high or low blood pressure?

YES / NO

Do you suffer from arthritis or other bone/joint problems or stiffness?

YES / NO

Is there any reason why you should not follow a fitness programme?

YES / NO

Do you ever suffer from back ache?

YES / NO

Are you taking any form of tranquiliser, pep pill, sleeping pill or other medication?

YES / NO

Have you ever been or are currently a smoker? (Please give details)

YES/NO \_\_\_\_\_

List any other complaints or injuries which could affect your exercise?

\_\_\_\_\_

\_\_\_\_\_

How does tension affect you?

\_\_\_\_\_

When are you most energetic during the day (morning/evening/afternoon)?

\_\_\_\_\_

How many hours do you sleep per night on average?

\_\_\_\_\_

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Do you feel rested after a night's sleep?

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Do you take part in any other physical activity /sport and if yes how many hours per week?

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How many hours do spend sitting, standing or watching tv per day?

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Do you take part in any other physical activity /sport?

YES / NO

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Do you have trouble maintaining your weight?

YES / NO

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Approximately how much did you weigh at the age of 25?

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Do you use vitamins or supplements?

YES / NO

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Would you say you generally eat a balanced diet?

YES / NO

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### Waiver / Release of Liability

**Express assumption of risk:** I, the undersigned, am aware that there are significant risks involved in all aspects of physical training. These risks include but are not limited to falls which can result in serious injury or death; injury or death due to negligence on the part of myself, my training partner, or other people around me; injury or death due to improper use or failure of equipment; strains and sprains. I am aware that any of these above-mentioned risks may result in serious injury or death to me and or my partner(s).

I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity or class while at, or under direction of Simply You Studio Pty Ltd. I acknowledge that I have no physical impairments, injuries, or illnesses that will endanger me or others.

**Vehicle risk:** Simply You Studio Pty Ltd. and/or its officers and/or its servants and/or its duly authorised agents or the independent contractors of any of them or the employees of any of them (hereinafter collectively referred to as "the Studio") does not accept or take any responsibility or liability for the safe custody of any of the Studio's clientele's vehicles or articles

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therein nor for any damage to vehicles, articles therein, nor for any injuries or loss to any persons, on the Studio's premises and its surrounds whether as a result of the negligence of the Studio or any cause whatsoever including but without limiting the generality thereof collision, fire, theft, rain or hail. All persons using the Studio's facilities and all person's vehicles parked on the Studio's premises by the Studio's members and the visitors of the Studio and all persons utilising any of the Studio's facilities do so at their own risk.

**Release:** In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities offered by Simply You Studio Pty. Ltd, I, the undersigned hereby release Simply You Studio Pty. Ltd, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions or rights of action which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties. This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

If I am signing on behalf of a minor child, I also give full permission for any person connected with Simply You Studio Pty. Ltd. to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the wellbeing of the child.

**Indemnification:** The participant recognises that there is risk involved in the types of activities offered by Simply You Studio Pty. Ltd. Therefore, the participant accepts financial responsibility for any injury that the participant may cause either to herself or to any other participant due to her negligence. Should the above-mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless Simply You Studio Pty. Ltd, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by Simply You Studio Pty. Ltd., at the main building or abroad. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to main building, and/or any area selected for training by Simply You Studio Pty. Ltd.

**Photography/Video Release:** Participants involved in any activities offered by Simply You Studio Pty. Ltd may be photographed or videotaped during training. The undersigned hereby consents to the use of these photographs and/or videos without compensation, on the Simply You Studio Pty. Ltd website or in any editorial, promotional or advertising material produced and/or published by Simply You Studio Pty. Ltd.

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I have read and understood the foregoing assumption of risk and release of liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person, and damage to property caused by my negligent or intentional act or omission.

I understand that by signing this form I am waiving valuable legal rights:

Signature of participant:	
Date:	

If the participant is under the age of 18:

Signature of Parent/Guardian:	
Print Name:	
Date:	

Office Use Only:

Reviewed By (Print):	
Signature:	
Date:	

### Financial Agreement:

I \_\_\_\_\_(name) hereby agree to a registration fee of **R100** before the commencement of my contract.

I \_\_\_\_\_(name) also agree upon the fee structure of R\_\_\_\_\_ per month to be paid by the 15<sup>th</sup> day of the month, upon which 10% increased will be charged for none payment.

I \_\_\_\_\_(name) also agree to 1 month paid notice, by means of a formal letter or e-mail ([violanda@simplyyou.studio](mailto:violanda@simplyyou.studio)) if I wish to cancel my contract with Simply You Studio (pty) ltd.

### Monthly Fee Structure for 2026:

**Normal Member:** \_\_\_\_\_ R 460, 00 per month

**Pensioners, Scholars, Students:** \_\_\_\_\_ R 350, 00 per month

### Banking Details:

Bank\_Standardbank, Account Name\_Simply You Studio (PTY) LTD, Account Number\_012971340, Branch\_Brooklyn, Branch Code 011245, EFT Branch Code\_051001  
Account Type\_Cheque, Reference\_Name & Surname.

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