

Joining Stamford Fitness, How it Works

Club Membership	NCS Staff & Student Membership	Pay and Play Membership
<ol style="list-style-type: none"> 1. Go to www.bordervillesportscentre.co.uk 2. Click Stamford Fitness Explore the details to be sure that Stamford Fitness works for you - do call or email with any questions 3. You have a choice of three types of memberships all of which include unlimited use of the gym and all the classes you book <ol style="list-style-type: none"> a. £25pcm on an annual contract b. £30pcm on 1 month notice c. £299 annual upfront payment 4. If you are joining with a training partner we waive your £20 joining fee, to get the code call us on 01780 765590 and we will provide the code in exchange for the names of both training partners. To be valid both partner's membership transactions must be completed on the same day 5. Find the bank card you wish to set up a DD with 6. Click the membership type you prefer This takes you through to our online membership portal 7. Start the membership process and follow the instructions You will be asked for the membership type you prefer again 8. The process will include a participation questionnaire or basic health assessment; do answer this honestly as helps us understand your start point. In some circumstances, we may ask you to get a doctors letter stating that they are happy for you to exercise. Given that exercise is a health panacea it is highly likely that you Doctor will be delighted that you are joining! 9. Note our T&Cs and the fair and transparent cancellation policy, these can be down loaded 10. Once the online process is completed, you are a member and can start using the gym! 11. On your first visit to the gym we will: <ul style="list-style-type: none"> • Take a photo and issue your membership card, the card will unlock the gym door for you. If you are a confident gym user you are welcome to use the gym and classes immediately and may new customers do just this • We will create an appointment for you to do an induction, this will be in a group of other new members • If you want a personalised exercise programme we will create an appointment for this too 12. Enjoy your membership and follow us on social media to keep up to date on all we do including hints and tips on wellbeing, diet, motivational games, challenges, and events 	<ol style="list-style-type: none"> 1. Visit Borderville Campus during Stamford Fitness open hours and bring with you: <ul style="list-style-type: none"> • your College photo ID • the bank card you wish to set up a DD with and • the training partner you may want to join with (and so not pay the joining fee) 2. The staff on duty will then provide you a laptop on which you can then join online Note that this is an "in club" process only meaning that it is not possible to access the portal outside of Stamford Fitness premises 3. You have a choice of two types of memberships all of which include unlimited use of the gym and all the classes you book for an additional £1 each <ol style="list-style-type: none"> a. on an annual contract b. on 1 month notice 4. The joining process is then the same as for Club Memberships 	<p>Gym Use For those who are confident gym users should you wish to attend the gym casually you will need to visit us at Stamford Fitness and on successful completion of a participation questionnaire and a small amount of membership administration you can visit for £10 per session</p> <p>Classes Use Should you wish to attend classes you can both register as a member and book online for £7 per class (this is priced to encourage joining as a member!) payment can currently only happen in club and can be by card or cash</p>