



Dear New Member,

Welcome to our Rapid Team. Please complete all the documents in your pack and return to us for processing. Once you have done this we can book in your PT for your customised fitness plan.

Your first payment for gym membership to us will include two weeks of membership paid in advance plus your first nominated debit amount. If you have any questions with regards to this form, please contact us so we may assist with your enquiry.

When you work out you will need appropriate foot wear, a hydration bottle and a towel for your sweat and for hygiene purposes on the equipment. Please be courteous to others by only using one station for no longer then ten minutes. You can always come back and do more later.

Your fitness journey begins today! We can help motivate you daily from our Facebook site. Join today! It's free! Stay up to date with all the latest 'goss' and what's going on at the gym. Find us at <https://www.facebook.com/rapidfitnessaustralia>

Included on the back of this letter are '7 Tips for Gym Training' to help you get started and stay on track. They may help you keep the gym as part of your healthy lifestyle choice. We want to help you succeed!

Remember there are three times at the gym you should stretch. Before, during and after your session! Pay special attention to old or current injury sites. The more stretches you do, the less likely you will be sore the next day. Avoid doing exercise that will aggravate or make sore sites worse. See your fitness professional for more advice should you have concerns.

Our current hours are:

Monday to Friday	6:00am to 8:30pm
Saturday & Sunday	8:00am to 4:00pm

Once again, welcome to our Rapid Fitness family.

Yours faithfully

Geoff French

Mr. Geoff French – Owner / Manager
Dip. Fitness





7 Tips for Gym Training

Bring a friend

- A friend can help motivate you and also make you accountable for training. Also makes training fun and is something you can share together.

Set regular times and days to train

- Three sessions a week is a great start. Put these times and days aside. Not making your times is the first stage of self-sabotage. Be accountable for your training. Remember why you joined the gym in the first place. Don't let the negative beat you. Be strong and train like a champion. We are here to help you when you need it.

Create a habit of it

- It will take around three weeks of regular gym for you to create a habit of it. Set yourself a reward if you are to make every session you plan, like buying a new pair of gym shoes.

Group Fitness Classes can help

- If you're having troubles getting motivated, then group fitness is a great way to meet new friends and have fun while working out. Try a class today! Timetables are available from reception or from our Facebook site.

Set Weight Loss Goals

- Set yourself monthly goals to lose weight. Even 1kg is a loss. Ask your gym instructor what would be an achievable goal for each month for you. Your *free* monthly Weights & Measures can be booked in with reception.

Eat Healthy

- Changing food habits will also play an important part of your fitness journey. Change little bad habits into little good habits. Your body will love you for it. Don't forget to eat a healthy breakfast. Eating a healthy breakfast will help you lose weight. Ask your fitness professional how this works.

Start with Small Steps

- Don't expect changes overnight. It may have been years since you have participated in an exercise program. Take it easy to begin with. Like your diet, take small steps first. Each step will get you closer to your goal. Don't forget, we are here to help you on your journey.

