



RANGIORA
FITNESS CENTRE

SUPPORTED BY

McALPINES
MITRE 10
MEGA

RANGIORA

New Member's Welcome Pack



North Canterbury
SPORT & RECREATION TRUST

active community, healthy lifestyles

Thank you for becoming a member of the McAlpines Mitre10 Mega Rangiora Fitness Centre

***Your membership assists many of the community and Primary School programmes
run by the North Canterbury Sport & Recreation Trust.***

A portion of all membership fees and other income generated from the Rangiora Fitness Centre goes into funding these programmes, and in addition, any surpluses generated each year are directed back into community sports through grants to local clubs and schools.

In this way everyone is contributing to the growth of sport and recreation in the community from grass roots to elite.

It is important to us that your experience at the Rangiora Fitness Centre is both positive and rewarding. We are committed to helping you achieve your fitness goals and are here to offer whatever support and assistance you might require. Please feel free to talk to any of our staff about your experiences and what we can do to make your membership even better.

This Welcome Pack will help you get the most from your membership. In here you'll find useful information about our facility, your gym membership, and the range of services we offer, as well as information about goal setting, motivation and other fitness tips to help you get started. You'll also find a few vouchers for Fitness Centre classes and from businesses in the community.

Our friendly Fitness Centre staff will have shown you around our facility already and discussed the membership terms and conditions with you at the time you joined, but this welcome pack includes much of this information and is yours to keep so you can refer to it at any time later.

We trust you have a fantastic experience as a member of the Mitre10 Mega Rangiora Fitness Centre.

Kind regards

North Canterbury Sport & Recreation Trust and Rangiora Fitness Centre staff.

Mitre10 Mega Rangiora Fitness Centre

Flaxton Hub @ 345B Flaxton Road
Rangiora

Ph: 03 975 5556 ext 0

Email: office@sportstrust.org.nz

www.sportstrust.org.nz



Table of Contents

4...	The Rangiora Fitness Centre Website & Facebook
5...	About The North Canterbury Sport & Recreation Trust
6...	Rangiora Fitness Centre Floorplan
7...	Access to the Rangiora Fitness Centre Facilities Changing Rooms, Toilets, Sauna & Lockers Emergency Procedures
8...	Fitness Centre Hygiene Health Service Providers Other Services Offered
10...	Your Membership Options
11...	Frequently Asked Questions
14...	Tips for Getting the Best from Your Membership
16...	Membership Terms & Conditions
18...	Stretching Chart
19...	Our Generous Sponsors

The Rangiora Fitness Centre

The brand new Mitre10 Mega Rangiora Fitness Centre is a purpose-built community facility operated by the North Canterbury Sport & Recreation Trust in partnership with Rangiora High School and the Waimakariri Council. With Rangiora High School's gymnasium set for major repair works through 2019, the NCSRT began working on building a new Fitness Centre to provide the very best gym experience and better adapt to the changing needs of the community.

The new Fitness Centre features a huge open plan space for weights-based exercise along with a mezzanine floor stacked with cardio equipment, and a dedicated RPM room and group fitness studio upstairs. There is a sauna by the changing rooms and we now have an on-site café offering barista coffee, fruit and protein smoothies, and healthy food, and a comfortable seating area inside and out to enjoy it.

Active Health are present on site offering a range of health services such as physiotherapy and podiatry. What's more, The Sport Shop are located at the front of the same building where you can get all your sports clothing and shoes.

Outside there is ample car parking on the North and West sides of the Fitness Centre, and even more all around us once the other businesses in the area close for the night.



Website & Facebook

The Rangiora Fitness Centre's website is there to provide you with information about the facility, including the fitness class timetable, personal trainer information, court hire details and contact details for our sports therapy partners. The website is smartphone-friendly so you can access it from just about anywhere.

We are always interested in improving our website so if you have any suggestions for additional information we can supply you on-line please let us know.

www.sportstrust.org.nz



If you "like" our Facebook listing we'll keep you up-to-date with all the latest news from the Rangiora Fitness Centre, as well as links to news and trends in the fitness industry to help you stay motivated and reach your fitness goals. To locate our FB page search for "Rangiora Fitness Centre".

The North Canterbury Sport & Recreation Trust

The Rangiora Fitness Centre is managed by the North Canterbury Sport & Recreation Trust, a locally-based NFP taking an increasing role in the development of sport and recreation facilities and opportunities within the region.



The Trust was established in 1982, as a partnership between representatives of the North Canterbury community, Waimakariri District Council and Rangiora High School to raise funds for facilities to provide recreational and sporting activities to benefit the entire community. Some of the Trust's earliest Trustees included former Waimakariri District Mayor, the late Trevor Inch, former Rangiora High School Principal, Colin McIntosh and sports identity, Frank Rapley.



One of Trust's first initiatives in the 1980s was to build a recreation facility at East Belt, Rangiora, now known as the Mitre10 Mega Rangiora Fitness Centre.

But since then the Trust has expanded both its commercial and charitable activities into a variety of recreational activities, while remaining committed to dedicating its surpluses and assets to the betterment of the North Canterbury community through its Charitable Objectives and Trust Deed.

The work of the Trust extends much further than providing gym and fitness facilities across the region. It is also involved with a number of school sports and community initiatives, including...

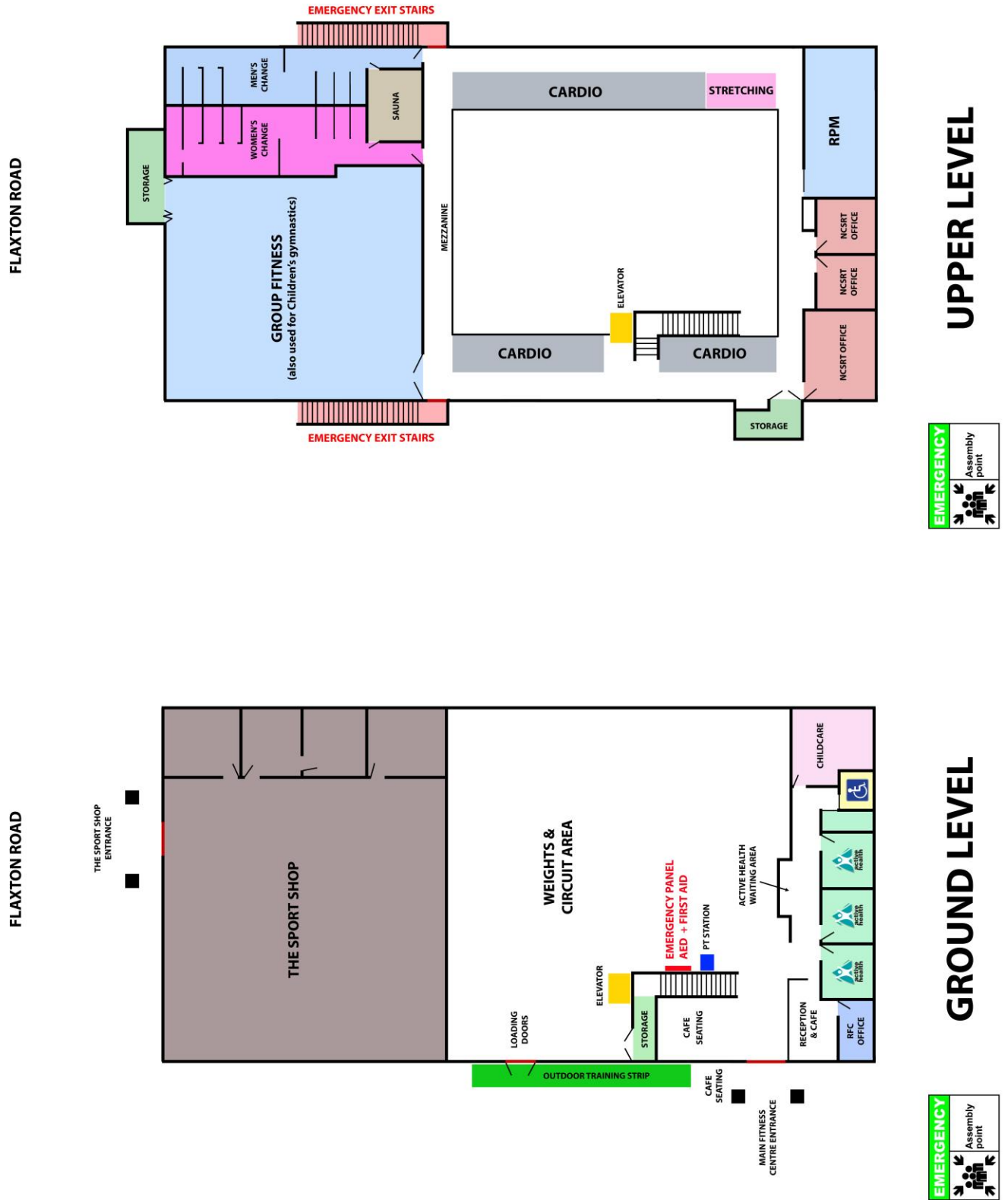
- In-school sport coaching programmes
- Coordination of school sports competitions including swimming and athletic championships, cross country, winter sports tournaments, and sports spectacular days.
- After school sports coaching and competitions including Miniball and First Sticks Hockey.
- The WaiSwim programme
- Trampolining, gymnastics, fitness and dance classes for young people
- Indoor sporting competitions and events.
- Administrative support for a number of sporting clubs.
- Provides a base for many community health initiatives.

The Trust also organises the MainPower North Canterbury Sports Awards and The Biggest Loser Competition, and holds a charity golf tournament each year. It has recently introduced new sporting events to the community, including the Rakahuri Rage – a six-hour mountainbike race next to the Ashley River.



It requires commitment and an investment in a wide range of initiatives to build a highly productive community, in which individuals of all ages are encouraged to reach their full health, fitness and sporting potential. That's why the work of the North Canterbury Sport & Recreation Trust is so important.

Rangiora Fitness Centre Floorplan



Access to the Rangiora Fitness Centre Facilities

Parking: we have parking spots to the North and West of the building only. Other parking around the Flaxton Hub business is allocated to those businesses during the day when they are open, but we are able to use these parks outside business hours or on the weekend when they are closed.

Please respect these businesses and their customers by NOT using their parks during business hours.

Access to facility: During staffed hours members and visitors to the Rangiora Fitness Centre enter the facility through the main entrance on the North side of the building.

Key tag readers are located on the end of the reception desk – please swip either the GYM or CLASS reader or the group fitness class reader depending on which area you are going to spend MOST of your time in. Casual visitors must sign in with reception staff before going any further into the facility.

Active Health patients should check in with reception staff before heading to the waiting area down the Active Health corridor.

Outside of staffed hours, access is via the Key Tag reader located to the left of the main entrance. If you are the first to enter the site in the morning light switches can be found on your left as soon as you enter the main door.

NO MEMBER IS PERMITTED TO PROVIDE ACCESS FOR ANY OTHER MEMBER OR NON-MEMBER AT ANY TIME. Every member who enters the gym must swipe in individually using their own Key Tag. You **MUST NOT** let anyone else into the gym using your card, and you **MUST NOT** open the door from the inside to let someone else in – even if they say they are a member but have forgotten their swipe card or it doesn't seem to be working.

The reasons for this rule are obvious - it is not fair for people to use the gym without paying, and we need an accurate record of who is on site at the Rangiora Fitness Centre in the case of an emergency situation.

If you let a non-member into the gym you will be fined for the first offence and you will receive a warning. If it happens again your membership may be terminated and you may be banned from using the facility.

Security cameras are in operation at the Rangiora Fitness Centre so we will catch offenders.

Children at the Rangiora Fitness Centre

Unfortunately we do not allow members to bring children to the fitness centre while they are working out unless they are booked in at the Child Play Area. Children over 14 years old are able to use the cardio equipment upstairs and participate in most group fitness classes at standard membership or casual rates, but are not allowed to use weights machines until they are 16 years old unless they have a programme from one of our Personal Trainer.

Changing Rooms, Toilets, Sauna & Lockers

There are men's and women's toilets located upstairs at the opposite end to the main entrance.

As you enter either of the changing rooms you will see the door to the shared sauna. Please ensure you are appropriately dressed while in the sauna, that you have water with you to drink while in there, and that you keep the room clean. This is a DRY sauna so you do not need to throw water on any heating elements!

Open lockers are provided around the fitness centre for your use – mainly upstairs. As these lockers are not secured, please make sure you do not leave any valuables obviously visible or loose on the shelves.

Lockable lockers are available to rent in the changing rooms – please talk to reception about this option.

If you do happen to lose something of importance please check at reception as we do get clothing and items handed in.

Emergency Procedures

Please familiarise yourself with all health and safety and emergency procedures, fire alarms and fire extinguishers, and exit points at the Rangiora Fitness Centre. There are first aid kits located in the group fitness studio and behind the PT station in the weights area. A portable Defibrillator (AED) is located on the wall behind the PT station as well.

In a situation where you must evacuate the facility, please make your way calmly but quickly to the nearest emergency exit, then gather on the VTNZ parking area to the North West of the building. Emergency exits are shown on the Rangiora Fitness Centre floor plan included in this Welcome Pack. You are welcome to remain here until the emergency situation has passed then, if appropriate, you can return inside on instruction of Rangiora Fitness Centre staff.

Rangiora Fitness Centre Hygiene

The health of our gym users is important, so we ask that all users of our weights and cardio equipment take some time at the end of their session to clean the machine they have been using, particularly the areas that they have touched with hands. We provide cleaning wipes from a number of dispensers around the Fitness Centre – please use them. It is also recommended that you bring a towel to your workout session to wipe sweat off machines as you use them.

As a general rule of thumb to prevent the spread of germs, if you have a cold or flu that is affecting your lungs and chest, or gastric system, you should not really be exercising too much anyway so we recommend you stay away from the gym until this has cleared up. If you have a head cold you may still feel okay to exercise and that is fine, but we do ask that you take every precaution not to spread your bugs by practicing good sneezing and coughing hygiene.

Health Service Providers

We have partnered with several health service providers to be able to bring all our members and Rangiora Fitness Centre users a variety of high quality options when it comes to rehabilitation from injury, nutritional advice and body maintenance requirements. Our partners include...

- **Active Health** – Need help getting back to optimal health? Active Health for an active life. Specialists in Podiatry, Physiotherapy, Acupuncture, Nutrition, Massage Therapy, Osteopathy, Work Related Rehab, Health & Wellbeing, Cancer Rehab, Pelvic Health.
 - Ph: 03 383 6290 Email: reception@activehealth.co.nz
 - Website: www.activehealth.co.nz
- **Restore Natural Health** – specialists in all areas of natural health remedies including nutritional and herbal medicine, detox therapies and lifestyle advice.
 - Ph: 03 310 7322 Email: natalie@restorenaturalhealth.co.nz
- **Kiera J Nutrition** – nutritional advice to help you achieve your life goals.
 - Ph: 027 831 4729 Email: kierajnutrition@gmail.com
 - www.kierajnutrition.com
- **Energy in Motion Massage** – therapeutic deep tissue massage.
 - Ph: 021 246 5255 Email: sonyanadine@gmail.com
 - www.energymotionmassage.com

We encourage you to use the services of the above health providers ahead of other similar services not affiliated with the Rangiora Fitness Centre.

Other Services Offered

Personal Training – as a member of the Rangiora Fitness Centre you're entitled to several free sessions with a personal trainer to assess your fitness level, discuss your goals and set an exercise plan to achieve these goals. We encourage you to **meet with your trainer every 3 to 4 months to assess your progress** and adjust your exercise plan as you go along. Again, these programme updates are FREE for members.

All members and casual users are also able to book training sessions with a PT, who will work with you through your exercise session. During this time they can show you new exercise options, correct your technique and posture, and provide additional motivation. Working with a PT can also be extremely beneficial when recuperating from an operation or injury, or when training for a specific goal.

Booking a training session with a Personal Trainer is an additional cost – per half or full hour. However if you prefer you can get together with a friend to work with a PT to share the costs. Talk to Rangiora Fitness Centre staff to find out more about Personal Training individual and group sessions.

Group PT Classes – Occasionally we will run special Personal Trainer group sessions over several weeks, usually with a guest Trainer involved. Keep an eye out for information about these special sessions on the noticeboards around the Rangiora Fitness Centre.

Fitness Classes – The Rangiora Fitness Centre is licensed to bring you the world-renowned Les Mills brand group aerobics fitness classes. These include RPM, BodyStep, BodyPump, BodyBalance and BodyCombat, plus we've recently added Grit and CX Worx. These classes are all held upstairs in either the Group Fitness Studio or the RPM Zone. Visit our website to find out more about these classes, timetables, etc

We also offer our own Zumba, MEGA Circuit and HIIT group fitness classes which provide a different style of exercise for those looking for something more intense or focused. These classes are held at the end of the Weights area downstairs nearest to reception.

We offer other types of fitness classes at our Fitness Centres in Kaiapoi, Oxford and Amberley, including MEGA Boxfit so there is plenty of options to choose from. Paid up members of any of our Fitness Centres are able to attend any of the classes at our other Fitness Centres at discount prices even if you don't have a multigym membership. Talk to our staff for more details about this but be aware bookings are essential.

Childcare – we offer our members a childcare facility on weekdays – two one-hour time slots between 9:15am and 11:30am. Children must be booked in as spaces are limited and it is often full. There is a \$2 charge per child for this service.

Children's programmes – during the school term we offer some beginners gymnastics classes for younger primary schoolers. The gymnastics classes are a particularly good first step in the sport and your child can go on to join the Rangiora Gymnastics Club when they outgrow our classes.

The Fitness Centre also takes booking for children's trampoline and gymnastics programmes at the MEGA Stadium on Edward St. Talk to staff or visit our website to find out more about our Children's programmes.

Your Membership Options

You've signed up to a membership at the Rangiora Fitness Centre but if any of your friends or family are interested in joining too here's some basic information about each membership type. If you have any questions about membership, please feel free to talk to our staff.

Casual visitors – this option is best for people who don't expect to use the gym very often or are only in the area for a short time but want to keep up with their fitness. Casual visitors can only come into the Rangiora Fitness Centre during staffed hours and must pay up-front at reception. They must fill out the Casual Waiver form on their first visit, and then sign in at reception on each subsequent visit.

Concession Card – this option is most cost effective for people who just want to try out the gym a few times before becoming a full member, or those using the gym on average only one time per week, for example when attending a favourite group fitness class. You can purchase a 10 visit Concession Card from reception at a considerable saving over casual visitor price, with the card expiring after 12 months. Concession Card holders must make a one-off purchase of a Key Tag which enables access the Rangiora Fitness Centre during the same daily hours as fully paid members. Please note that once you have used all the passes allocated to your Concession Card you will not be able to access the Fitness Centre outside staffed hours.

A Concession Card is also a great option to give to someone as a gift. See our staff about this.

Rangiora Fitness Centre Membership – this option is most cost effective for people who will likely use the gym two or more times each week or wish to have access outside normal staffed hours. Another advantage of full membership is access to free or reduced-cost fitness classes, free squash court hire and some free sessions with a Personal Trainer to help set up a fitness programme. There are several ways you can become a member of the Rangiora Fitness Centre, each with their advantages and disadvantages...

- **Fixed –Term/Paid Up Front Membership** – the choice of 3, 6 or 12 month membership. This is potentially the most cost effective way to be a member of the Rangiora Fitness Centre, but it does require a larger lump-sum payment compared to Direct Debit options. You are also eligible for a 15% discount on your next membership term if you pay early. The disadvantage of this membership is you will be affected by any membership price increases.
- **Flexi/Direct Debit Membership** – a month by month membership paid via Direct Debit from your bank account on either a weekly, fortnightly or monthly plan. The advantage of Flexi membership is that once you are locked into a payment plan this price will continue unchanged until you cancel your membership – you will not be affected by membership price increases for the lifetime of your membership. You must provide on month notice of cancellation of this membership type.
- **Multi-Gym Membership** – all the advantages of a full membership with the added bonus of being able to visit any of our fitness centres in Rangiora, Kaiapoi, Oxford and Amberley.

Please make sure you read the Rangiora Fitness Centre's Membership Terms & Conditions.

It is important to understand that with the Flexi Direct Debit option you must give us one month notice of your intent to cancel.

*If you do not notify us **YOUR PAYMENTS AND MEMBERSHIP WILL CONTINUE UNTIL WE ARE ASKED TO STOP THEM.** This happens sometimes and members get very upset when they discover they are still paying for a membership they thought had automatically stopped at the end of their minimum period.*

If you stop your direct debit payments or change your bank account without notifying us within the required time period our computer system will record that you have missed a payment and will notify you by email of this, asking you to contact the Rangiora Fitness Centre ASAP. If payments continue to be missed we will be forced to take action to recover the growing debt.

*To avoid this situation simply remember **IT IS YOUR RESPONSIBILITY TO TELL US IF YOU WISH TO CANCEL YOUR MEMBERSHIP OR YOU CHANGE BANK ACCOUNTS.***

Frequently Asked Questions

How do I access facilities outside staffed hours?

Members simply hold their Key Tag in front of the scanner next to the main entrance door. Non-members cannot access the Rangiora Fitness Centre outside staffed hours and must not allow members to grant them access to the facility.

What should I do if my Key Tag doesn't open the door?

If your access Key Tag does not open the door it is most likely due to your membership expiring or you have been intentionally blocked by Rangiora Fitness Centre staff from entering for some reason. We're sorry, but there's nothing we can do about this at the time. Please contact the Rangiora Fitness Centre during staffed hours to find out why your access may have been blocked. Sometimes power cuts or computer issues may affect the key tag reader and prevent access but this is rare.

Remember, if you have been blocked from accessing the Rangiora Fitness Centre outside staffed hours please do not try to coerce another member into letting you into the building.

What clothing should I wear?

Really it comes down to whatever is comfortable for you to work out in – as long as it is decent!. The only set rule we have at the Rangiora Fitness Centre is that you wear appropriate sports shoes and clothing when working out and please don't wear muddy footwear into the facility.

It's also a good idea to bring a towel which you can use during your workout to help you feel more comfortable and keep equipment cleaner.

Will you notify me when my membership is due?

The answer to this question depends on your type of membership. If you have paid your membership ahead of time in full we will notify you by email to let you know your membership is due to expire. If you do not have an email or you change your email address you may not receive a reminder message, so it would pay for you to keep a reminder of this date on your calendar, or just ask next time you are at the Rangiora Fitness Centre.

If you're on a Flexi membership (pay by direct debit) then we will not contact you unless your regular payments stop without you having notified us that you are changing banks or have cancelled your membership. Flexi membership has no set expiry date so you need to give one month's notice of your intention to cancel.

Do I get a discount if I renew membership early?

Yes, for standard paid in advance memberships. If you pay for your membership in one lump payment at or before the renewal date you will get a 10% discount on your next membership period. This discount does not apply for student memberships or if you are changing to direct debit payment option.

How can I pay for my membership?

We have full EFTPOS and Credit Card facilities available at the Rangiora Fitness Centre, but you are also able to pay by cash or cheque. We are currently working on options to pay for membership and make bookings online, and we will let you know when this is available.

How do I cancel my membership?

In ALL cases we prefer you tell us you wish to discontinue your membership ahead of its expiry. Good communication at this time can save everybody a great deal of hassle later on – particularly if you have a Flexi direct debit membership.

What's more, if you are able to help us we would like to know a bit about your reasoning for discontinuing your membership and if there was anything we did wrong which contributed to this decision or if there is anything we could have done better to encourage you to stay. If you can take the time to answer our survey we would really appreciate it.

Remember, if you have a Flexi direct debit membership you must notify us at least **one month prior to your planned cancellation date** so we can ensure all payments are stopped and you don't start accumulating debt.

If you have a paid in advance membership then you can simply let your membership lapse and ignore our reminder messages, but we would still prefer you to let us know if possible.

Can I get a refund on my membership if I cancel early?

It's possible to get a refund in certain circumstances but this will be at the Rangiora Fitness Centre Managers discretion and will depend on a number of factors including your reasons for wanting to cancel, how long is left on your contract and your history with the Rangiora Fitness Centre.

Obviously we do not want you to cancel your membership at all so our first question will be to find out if there is anything we can do to help you remain a member and get more from your membership.

Do I need a Doctors check before starting a membership?

We recommend you get a doctors check before starting any exercise programme, but the reality is that unless you have an underlying medical or health condition that might be exacerbated by, or prevent you from doing, strenuous physical activity, or if it has been a long time since you have been active, you probably don't need to see your doctor beforehand.

The important thing is that you take responsibility for your own health in this situation – if you think you should see your doctor first then please do so. If you feel unwell during or following your workout at the Rangiora Fitness Centre, see your doctor as soon as you can.

What if I get injured and can't use the gym for a while?

Members can put their memberships on hold for up to four weeks each year under certain circumstances...

If you are on a Full paid in advance membership for a 12 month period you can put your membership on hold for up to four weeks in a year (with a minimum of one week at any one time). This holiday can be for any reason and we'll just add the time to the end of your membership.

If you are on a Flexi membership you can put your membership on hold only after one full year of membership. However, only two of these weeks can be used between 1st Dec and 31st Jan each year

If you require a membership hold of longer than four weeks you must provide us with a medical certificate stating that you are not physically able to use the gym.

Please talk to staff if you would like to discuss this further.

Who should I talk to if I have a question or problem?

All our staff are trained to be able to help you with most general enquiries about your membership or Rangiora Fitness Centre operations. For information about your specific fitness goals or training programme you should talk to a Personal Trainer. Don't forget we also have health service providers to assist with any questions you might have about nutrition or muscle injuries and treatment. For any more serious health questions you should consult your doctor.

Can I buy food and drink at the gym?

Absolutely! We now have an on-site café offering a range of hot and cold drinks and healthy food choices, as well as seating areas to enjoy them in. You can pay for any food from reception using cash, EFTPOS or Credit Card.

How do I book for RPM or another Group Fitness Class?

Class space is limited so we recommend you book, either through the GymMaster App, the Sports Trust website or (for one-off bookings only) by contacting the Rangiora Fitness Centre by phone, email or in person.

For the App (available for Android or iOS) and the website you will need to create a log in password the first time you go in, after which you can easily see the class timetable and book in.

If for some reason you find you can't make your booked session you are able to cancel to open that space up for someone else, as long as it is done at least 1 hour ahead of the class time. If you need to cancel less than an hour before the class starts please call the Fitness Centre on 03 975 5556.

Due to the popularity of these classes we do ask that you contact us in some way to cancel your booking rather than just not showing up, as it means we can then offer your spot to someone else.

How do I book a PT session?

Just ring us up or send us an email to tell us when you would like your PT session and who your preferred trainer is and we'll let you know if that time is available or not. You do not need to pay for a PT session until you arrive for it. If you book a session and do not turn up without notifying us we will have to charge you for it, so please contact us to cancel or postpone your session as far ahead of time as possible.

Some Advice for Getting the Most from Your Membership

Make a Plan

Don't arrive at the Rangiora Fitness Centre without knowing where to begin or what to do. Use the FREE sessions you get with a Personal Trainer to set yourself a plan based on your fitness goals and some direction as to what exercises will help you reach your goals most effectively.

Next you should make a schedule to help ensure you get to the Rangiora Fitness Centre more often and thus get the most benefit from your membership. Knowing what options we have available, and what you enjoy, can help make it easier to stick to your plans.

Planning your personal gym schedule need not be complicated. Simply start with the classes that you want to attend, and build your schedule around them. For example if you have favourite cardio classes on Tuesday and Thursday evenings, you can designate other nights for strength training in the weight room or a PT session.

Know what your goals are and set your plan to help you achieve them.

Adapt Your Plan

As you get fitter, your goals change and other factors affect your life, it is important you are able to change your exercise routines and fitness expectations to suit. There is no point sticking with a routine that no longer suits the goals or outcomes you want to achieve.

At the Rangiora Fitness Centre our personal trainers are able to offer you some FREE updates to your exercise plan during the course of the year. We recommend you get a FREE programme update every 12 weeks or so. Your Trainer can measure the progress you have made and work with you to redesign your plan so you keep moving forward.

Try Different Things

No matter how many great classes and services we can offer you at the Rangiora Fitness Centre, they won't do you any good if you don't take the time to try them. Learning new exercises and trying new classes is a great way to get excited and keep motivated about fitness.

The Rangiora Fitness Centre offers a number of cross training opportunities, including Circuit and HIIT classes, Zumba, and a range of Les Mills fitness classes including RPM. Our Personal Trainers will be able to give you some great exercises away from the weights and cardio machines. Breaking the routine to work your body in different ways is one of the best ways to stay motivated about physical activity and staying fit and healthy.

Exercise Regularly

You can't expect any results if you only exercise occasionally and you'll find you lose your progress very quickly if you stop for a while. Regular workouts several times each week will continue to build on the progress you are making and will ensure you see positive results to help you stay motivated.

Feed the Beast

Fueling your body is key to your performance when you work out, so don't skimp when it comes to your pre-workout snack. And don't forget to fill up your water bottle before you hit the gym so you stay hydrated throughout your workout.

Share a Trainer

Having a trainer can be an efficient way to fit in a workout, since he or she will keep you focused and on task. If hiring your own personal trainer seems too pricey, split a session or more with a few friends to add some fun and motivation while helping to keep costs down.

Talk to Rangiora Fitness Centre staff about group PT options.

Look for Motivation and Competition Around You

With solo workouts it can be easy to get in a habit of not pushing yourself harder. One option might be to look for someone near you who is clearly working hard and try to run a little faster or stay on the machine a little longer than that unsuspecting gym goer. This is not about going overboard or pushing yourself past your limits – it's about finding those little things that can help boost your motivation, intensity and results.

Don't Forget to Stretch

Showing your muscles some love pre and post-workout will help you stay flexible and stick with your routine by preventing injury. If you don't want to go to the full extent of a massage after each session, why not try using one of the foam rollers you'll see around the gym. One of these can massage your muscles easily and effectively in a few minutes.

At the very least spend some time stretching after your warm up and following your workout. We have charts around the Rangiora Fitness Centre fitness rooms showing a variety of good stretches you can do.

Finish at Least Three Hours Before Bed

To make sure you're well rested for your next workout, be sure to wind down your physical activity at least three hours before your bedtime, since it can take that long for your body to cool down and your heart rate to slow.



MEMBERSHIP TERMS & CONDITIONS – for all members

Age restriction:

The minimum age for joining the Mitre10 Mega Sports Centre or Fitness Centres is 14 years. Members under 16 years of age are not permitted to use machine or free weights without permission and a training programme supplied by a trainer. There are no exceptions to this.

Flexi Direct Debit Membership:

I understand that by choosing to pay via direct debit either from my account or credit card I am committing to a **minimum 1 month membership** and I am unable to cancel my payments or membership before this time. After the first month, unless cancellation notice is given in writing, the membership and payments will continue. This is a legally binding agreement. If I have a failed payment I allow the relevant North Canterbury Fitness Centre to deduct this as an extra payment when my next payment is due. If I choose to cancel my membership I must give a minimum of one month notice in writing. On joining I am required to make an initial counter payment (off my regular payment amount) and provide the account number I wish to have debited in writing (bank letter or printed deposit slip). If paying via credit card I must show my card as proof of account number. I understand if I choose to use my credit card, AmEx or Visa for Direct Debit payments I could incur payment charges from my bank. If under the age of 18 years on joining I must have a parent or guardian present to co-sign below for my membership.

Direct Debit Memberships only: Are you over 18 years? ☐ Y ☐ N

If under 18 years a parent or guardian must fill in section below...

Name: _____ Signature: _____ Phone: _____

Direct Debit Membership Fees:

The relevant Fitness Centre agrees to cover the following costs from EziDebit when setting up my direct credit membership payment (1) One off Administration fee (2) Transaction fee- per direct debit. EziDebit will waive the dishonor fee of \$9.20 for any failed payment.

Pausing a Membership:

I understand that under certain circumstances I can put my membership on hold for up to 4 weeks in any one year (minimum of 1 week at a time)...

- Full paid in advance membership: 4 week hold is only available for those on a 12 month membership.
- Flexi Direct Debit membership: 4 week hold period is only available after you have completed 1 full year of membership and maximum of 2 weeks of the 4 can be used between 1st Dec and 31st January.

Termination for Cause by Sports Centre Management:

My Fitness Centre Management may, at its option, terminate my membership if (1) I fail to follow centre policies or rules or violate any part of this agreement (2) If I wear inappropriate clothing and footwear (3) my conduct is improper / inappropriate and harmful to the best interest of the Sports Centre's or its members (4) If I fail to provide a doctors approval for exercising if so requested.

Guests:

I will be immediately charged a \$20 per visit fee for any unauthorised guests I allow into any of the Fitness Centres, and I agree to pay this fee. Guests must sign the Guest Waiver before using the facilities. I will not allow any non-members to use my membership access card, and I understand that if I do, the card may be deactivated and a fee will be charged to activate the card.

Use of Other Mitre10 Mega Sport/Fitness Centres:

I understand that if I have purchased a membership allowing access to other Mitre10 Mega Sport and Fitness Centres this agreement covers all of those sites and the same obligations apply.

Acknowledgement of member liability:

I am liable for all damage I or my guests cause to the equipment or physical infrastructure of the Sports and Fitness Centres and agrees to reimburse to the full amount of damage and a payment method agreed by the Centre management.

Children in the gym:

Children are not to be in the gym. Unless in the child play area when it is supervised.

ASSUMPTION OF RISK OF INJURY AND WAIVER OF CLAIMS

I assume all risks of injury and waive all rights to pursue money damages or any other relief of any kind as a result of anything occurring at or near the Sports Centre's or Fitness Centre's location or any other "North Canterbury Sports and Recreation Trust" location. The Sports Centre and Fitness Centres will maintain equipment and the building via regular and frequent equipment checks and building maintenance checks to keep your training areas and equipment safe. I understand and agree that all facilities administered by the North Canterbury Sports and Recreation Trust are classed as unsupervised fitness centers and no employee is on site to help me use the equipment or exercise in the manner that I choose to exercise. I acknowledge there is possible danger connected with any physical activity (including the dangers of physical injury and death) and knowingly and voluntarily waive my right to make a legal or equitable claim of any sort against McAlpines Mitre 10 Mega Sports Centre, Fitness Centres or North Canterbury Sports and Recreation Trust and all of their owners, employees, agents, successors, and assigns from all claims of any sort for damages or for other relief including but not limited to claims for contribution. This assumption of risk and waiver of liability applies to my family members, successors and heirs and assigns.

Membership Agreement:

I have read the above terms and conditions and by signing this agree to abide by these rules.

Member's Name (please print): _____

Signature: _____ Date: _____

Are you over 18 year's ☐ Y ☐ N If under 18 years a parent/guardian must fill in section below:

Parent/Guardian's Name: _____ Phone: _____

Signature: _____ Date: _____

Either print form or email it to us ahead of you coming in to the Fitness Centre to complete membership sign up.



When first starting out in an exercise programme you may experience D.O.M.S (Delayed Onset of Muscle Soreness). Unfortunately this can't be avoided, but there are some stretches you can do to help reduce the pain. Try to do these stretches as often as you can to improve your flexibility and help prevent injury.

How long to hold a stretch? Try taking 3-10 big breathes while holding the stretch on each side, repeating each stretch twice and pushing further on the second set.

Gradually increasing the stretch will help you prevent injury.

Don't forget to warm up your muscles before stretching with some light exercise.

If you have any questions please talk to your Personal Trainer.

STRETCHING EXERCISES

-----> Movement to get stretch

====> Area being stretched

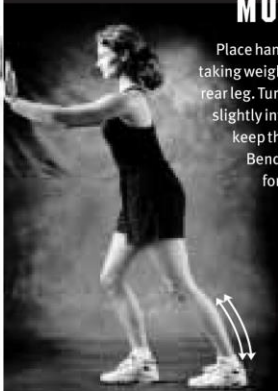
LONG CALF MUSCLE

Place hands on wall, with one leg to rear. Keep rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg, taking stretch through rear calf.



SHORT CALF MUSCLE

Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep the heel flat. Bend rear knee forward over rear foot.



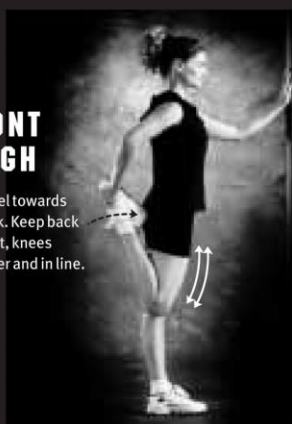
HAMSTRINGS

Place foot on a raised surface. Stand with supporting foot turned slightly inwards. Bend supporting knee. Keep back straight.



FRONT THIGH

Pull heel towards buttock. Keep back straight, knees together and in line.



TRUNK SIDE FLEXORS

Stand with feet comfortably apart. Fold arms above head. Bend to the side slowly. Stretch up with upper elbow.



PECTORALS

Stand side-on to a wall or pole with closest leg forward. Place forearm on wall with shoulder slightly above 90°. Turn upper body away from wall or pole.



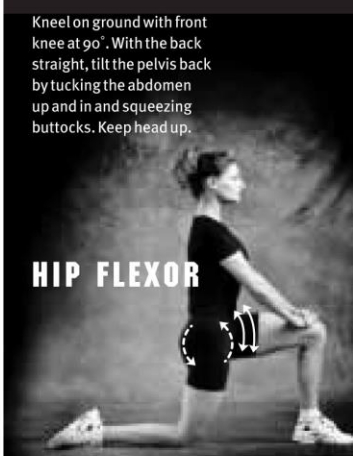
TRICEPS STRETCH

Place hand between shoulder blades. Place opposite hand on elbow. Pull elbow towards midline with help from opposite hand.



Kneel on ground with front knee at 90°. With the back straight, tilt the pelvis back by tucking the abdomen up and in and squeezing buttocks. Keep head up.

HIP FLEXOR



SHOULDER CHEST

Stand with head up, chin in, hands clasped behind back. Pull shoulders down and back. Press shoulder blades together and down. Pull the stomach in to prevent arching of the lower back.

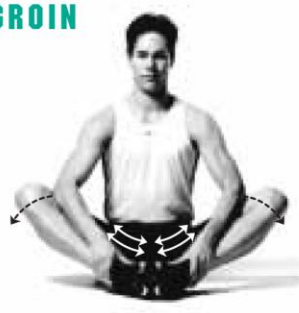


LOWER BACK



Lie with hands behind head, arms flat. Bend hips and knees to 90°, feet together. Roll knees over to ground. Upper knee should be directly above lower knee.

GROIN



Sit on floor with back straight. Grasp the ankles and draw them towards groin. Use the elbows to apply a gradual downward and outward pressure on the knees.

BUTTOCK



Gluteals – Lie on back with both hands around one knee. Pull knee towards opposite shoulder. Keep head, shoulder and opposite leg relaxed.



Piriformis – Lie on back and hold knee to chest. Pull knee and ankle towards opposite shoulder.

The Mitre10 Mega Rangiora Fitness Centre is proudly supported by a number of North Canterbury businesses.

We'd like to thank all our partners and supporters and we encourage all our members to support these local businesses who are helping us to maintain the high quality of the Fitness Centre while keeping our membership prices low.

Special thanks to our main sponsors...



Rangiora Fitness Centre, Flaxton Hub @ 345B Flaxton Rd, Rangiora
Phone: 03 975 5556 ext 0, Email: office@sportstrust.org.nz, www.sportstrust.org.nz