

**ALPINES  
MITRE 10  
MEGA  
OXFORD  
FITNESS CENTRE**

# New Member's Welcome Pack



# **Thank you for becoming a member of the McAlpines Mitre10 Mega Oxford 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 Oxford 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 Oxford 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 Oxford Fitness Centre.

Kind regards

*North Canterbury Sport & Recreation Trust and Oxford Fitness Centre staff.*

**Mitre10 Mega Oxford Fitness Centre**  
7 Burnett St (next to the Oxford Pool)  
Oxford

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**[www.sportscentre.org.nz](http://www.sportscentre.org.nz)**



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## The Oxford Fitness Centre

The Mitre10 Mega Oxford Fitness Centre is a community facility operated by the North Canterbury Sport & Recreation Trust in partnership with The Oxford Health & Fitness Centre Trust.

The Oxford Fitness Centre features a fully equipped weights gym, as well as a well-appointed cardio area, with a range of weights and fitness machines to suite a wide variety of exercise requirements. There is a more open area at one end of the room where we hold some of our popular fitness classes.



The Oxford Fitness Centre is located near to the Oxford Show Grounds and sports fields, so there is the opportunity for gym-goers to use these facilities to enhance their gym visits.

There is ample car parking next to the Oxford Pool, with additional parking along Burnett St if required.

## Oxford Fitness Centre History

In 2007 the Oxford Health & Fitness Centre Trust was formed to begin looking at options for a community fitness centre for the town. Through consultation with the local community, the Waimakariri District Council and the North Canterbury Sport & Recreation Trust, it was decided a purpose-built facility next to the Oxford Pool was the best option, with staffing and day-to-day management of the centre provided by the NCSRT with oversight by the Oxford Health & Fitness Centre Trust.

So in 2012 the Oxford Fitness Centre was built by Mike Beer. Many Oxford-based businesses contributed to the build process by providing labour and resources, which helped to keep costs down. The facility was equipped with new weights and cardio gear as well as refurbished equipment from the NCSRT's other Fitness Centres, and Personal Trainer Naomi Whyte was appointed to manage the facility.

The Fitness Centre has been able to partner with a number of local health service providers to create a total sports health centre the community is very proud of. Membership of the Oxford Fitness Centre has increased steadily and the NCSRT has continued to develop the gym with newer equipment, extended hours of access, more fitness classes and upskilling of staff.

The Oxford Fitness Centre is proud to be associated with McAlpines Mitre10 Mega Rangiora as its major contributor. The facility operates specifically to benefit the community with services and opportunities that otherwise would not be available. Once all bank loans from the build of the Oxford Fitness Centre are paid off, ongoing annual surpluses will be returned to the community through a variety of sport and recreational activities.

## Website & Facebook

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

On Facebook we'll keep you up-to-date with current news and information, plus share some great fitness tips, motivational quotes and community information.

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

Website: **[www.sportscentre.org.nz](http://www.sportscentre.org.nz)**

Facebook: **Oxford Fitness Centre**

# The North Canterbury Sport & Recreation Trust

The Oxford 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 Sports 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, gym, 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.

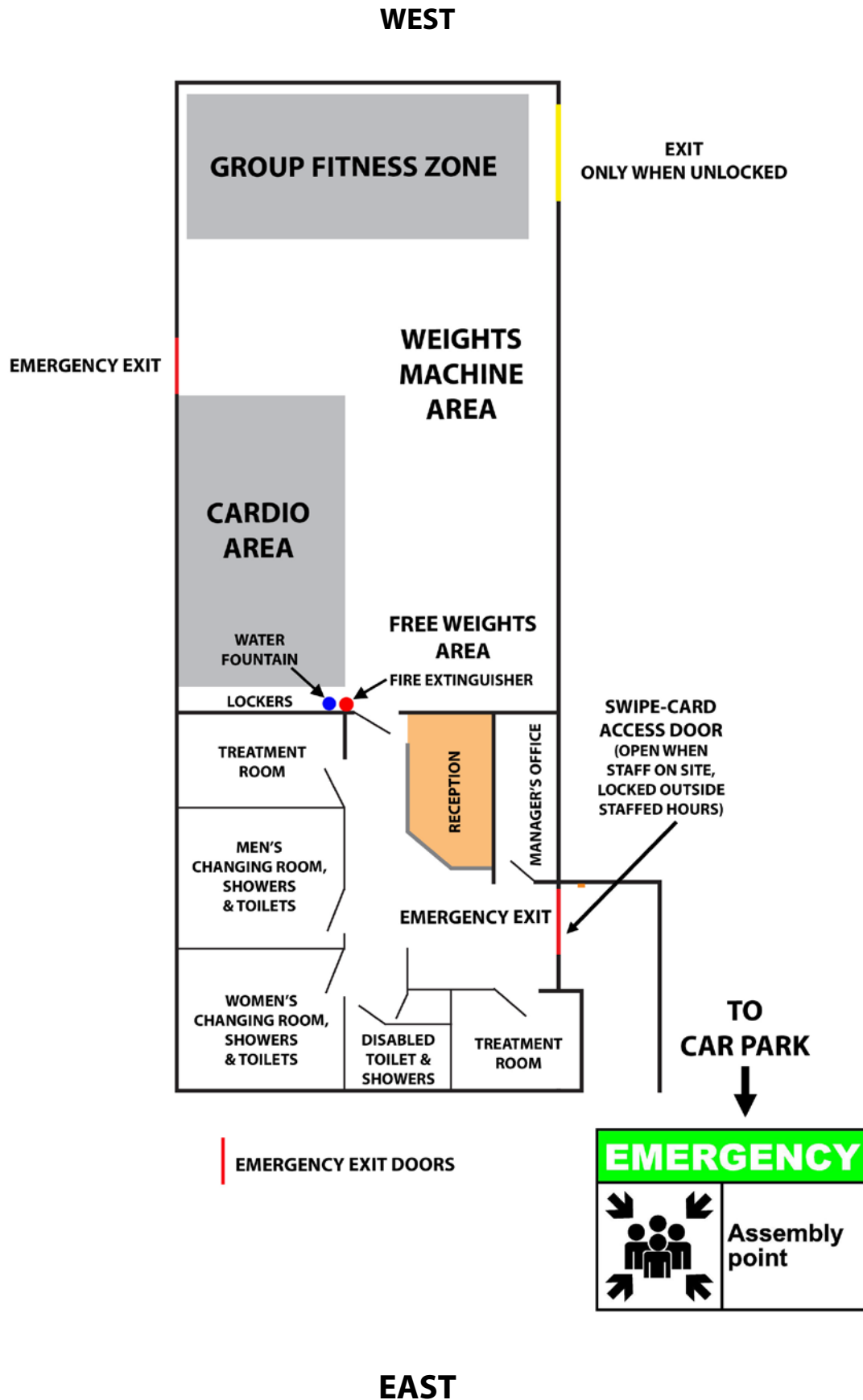
The Trust also organises the MainPower North Canterbury Sports Awards and The Biggest Loser Competition, and holds a charity golf tournament each year. It has recently introduced new sporting events to the community, including the Rakahuri Rage – a six-hour mountainbike race next to the Ashley River.



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.

# Oxford Fitness Centre Floorplan

(Note: drawing is not to scale)



## Access to the Oxford Fitness Centre Facilities

During staffed hours members and visitors to the Oxford Fitness Centre enter the facility through the entrance near the Oxford Pool (East side). Usually this door is unlocked during staffed hours, however staff may be busy with Personal Training clients in the gym in which case this door will be locked for security.

If this door is locked during staffed hours you can still access the facility using your member swipe card or tag. If you are not a member or have forgotten your swipe card, push the button next to the swipe card receiver to ring a bell within the gym. If that gets no response, walk along the North side of the building to the sliding door at the end to see if you can catch the attention of staff who will let you in.

Regardless of whether the main door is locked or unlocked, all members must swipe their membership card or tag at this door to record they have entered the facility. Only members can gain access to the Fitness Centre outside of staffed hours.

**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 swipe card. 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 Oxford Fitness Centre in the case of an emergency situation.

If you let a non-member into the gym you will be charged \$20 at 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 Oxford Fitness Centre 24/7 so we will catch offenders.

## Children at the Fitness Centre

Unfortunately we do not allow members to bring children to the fitness centre while they are working out. We do not have any child care facilities on site and the equipment can pose risk to children. Children over 14 years old are able to participate in group fitness classes (excluding MEGA Circuit) at standard membership or casual rates, but are not allowed to use weights machines until they are 16 years old except under special circumstances arranged with Management or an authorised Personal Trainer.

## Changing Rooms, Toilets & Lockers

There are men's and women's toilets and showers just off the reception area at the Oxford Fitness Centre – straight ahead when you walk in the main door. We also have a disabled toilet next to the women's changing room. There are also a couple of treatment rooms and offices off the reception area so please do not go into these rooms.

Lockers are located immediately to the left when you enter the gym area. As these lockers are not secured, please make sure you do not leave any valuables obviously visible or loose on the shelves. 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 exit points at the Oxford Fitness Centre. There is a first aid kit located at the reception desk.

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 car park next to the Pool. Emergency exits are shown on the 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 Oxford Fitness Centre staff or Fire Department personnel.

## 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 spray and paper towels for your use.

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

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

**Currently our office / treatment room is unoccupied so if you know anyone interested in some inexpensive office space please get them to contact us anytime.**

We are always looking for other health service providers to share in the facilities at the Oxford Fitness Centre, so if you know of anyone who might be interested we would love to hear from you. They might be a physiotherapist, podiatrist, nutritionist or any other form of sports or wellbeing health provider.



## Other Services Offered

**Personal Training** – as a full card-carrying member of the Oxford Fitness Centre you are entitled to several free sessions with a personal trainer when you first join. During these sessions we will assess your fitness level, discuss your goals and set an exercise plan to achieve these goals. We would encourage you to **meet with your trainer every three to four months to assess your progress** and adjust your exercise plan as you go along. Again, these regular meetings 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 a small group together to work with a PT to share the costs. Talk to Fitness Centre staff to find out more about Personal Training individual and group sessions.

**Boot Camp & Group PT Classes** – Occasionally we will run special Personal Trainer group sessions over several weeks, usually with a guest Trainer involved. One of the highest profile versions of these is our annual North Canterbury Biggest Loser competition. Keep an eye out for information about these special sessions on the noticeboards around the Fitness Centre.

**Fitness Classes** – Our Personal Trainers at the Oxford Fitness Centre also conduct several group fitness class sessions during the week, including the popular MEGA Boxfit class, a circuit class and a gentle exercise class. Visit our website to find out more about these classes, timetables, etc. Most of these classes are held at the back of the Oxford Fitness Centre and, apart from MEGA Boxfit, are free to Fitness Centre members. Non-members pay a small price for each visit.

We offer other types of fitness classes at our Fitness Centres in Rangiora and Kaiapoi, including Les Mills classes (Rangiora Fitness Centre), MEGA Boxfit (Rangiora, Kaiapoi and Amberley Fitness Centres), Pilates, Zumba and circuit classes, so there is plenty of options to choose from. Paid up members of the Oxford Fitness Centre are able to attend any of the classes at discounted prices even if you don't have a multigym membership. Talk to our staff for more details.

## Your Membership Options

The Oxford Fitness Centre offers a range of membership options to suit your fitness requirements and personal situation. Below is some information about each option, and if you have any questions about which option might be best for you, 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 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 the Visitor book on each subsequent visit.

**Visitor Pass / 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 fitness class. You can purchase a block of 10 visitor passes from reception at a considerable saving over being just a casual visitor. Visitor Pass holders are able to access the Oxford Fitness Centre during the same daily hours as fully paid members. Please note that once you have used all the visitor 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.

**Oxford Fitness Centre Membership** – this option is best for people who will likely be using 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 at all our facilities 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 Oxford 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 Oxford 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.
- **On-Going/Direct Debit Membership** – the choice of minimum 6 or 12 month contract paid via Direct Debit from your bank account on either a weekly, fortnightly or monthly plan. The advantage of Direct Debit 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.
- **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 Oxford Fitness Centre's Membership Terms & Conditions.*

*It is important to understand that with the Direct Debit option you are unable to cancel payments or membership before the end of your minimum membership period. If you decide to discontinue your membership after this you **MUST NOTIFY US IN WRITING** at least 3 business days prior to the next payment. This will allow us to cancel your membership and payments cleanly and without issues.*

*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 Oxford 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 and Concession Card holders simply hold their access card or tag in front of the scanner next to the door. After the light turns green and you hear a beep you will have a couple of seconds to pull the door open. It will automatically close and lock behind you. Non-members cannot access the Oxford Fitness Centre outside staffed hours and must not allow members to grant them access to the facility.

### What should I do if my access keytag doesn't open the door?

If your access keytag does not open the door it is most likely due to your membership expiring or you have been intentionally blocked by Oxford 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 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 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 Oxford Fitness Centre is that you wear appropriate sports shoes when working out and don't wear muddy boots 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 renewal date. 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 Fitness Centre.

If you pay by direct debit then we will not contact you unless your direct debit payments stop without you having notified us that you are cancelling your membership.

### 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 15% 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 Oxford 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 at the Centre 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 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 direct debit membership you must notify us in writing **at least three business days prior to your next payment 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 Oxford Fitness Centre Manager's 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 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 Oxford Fitness Centre, see your doctor as soon as you can.

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

If you are on a paid in advance membership you can take a "Membership Holiday" for up to four weeks in a year (with a minimum of two weeks). This holiday can be for any reason and we'll just add the time to the end of your membership.

If you require a "Membership Holiday" 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 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?**

Unfortunately we don't stock any food for sale at the Oxford Fitness Centre, but we do have a small range of sports and protein drinks available at reception during staffed hours. You can pay at reception using cash, EFTPOS or Credit Card.

### **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 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.

### **What fitness classes can I do at your other Fitness Centres?**

At the Rangiora Fitness Centre we hold many Les Mills fitness classes each week, most of which are free for members of the RFC or for multi-gym members, but members of other Fitness Centres will have to pay the non-member price to do these classes. The classes that even Rangiora Fitness Centre members pay for – RPM and MEGA Boxfit – are available to members of the Oxford Fitness Centre at the same discounted price Rangiora Fitness Centre members pay. The same applies for fitness classes and MEGA Boxfit at the Kaiapoi Fitness Centre and Amberley Fitness Centre.

For RPM and MEGA Boxfit you must pay at the time of booking to confirm your spot. This means that you must make your booking in person at the Rangiora Fitness Centre, Kaiapoi Fitness Centre or Amberley Fitness Centre. We are investigating online booking and payment options and these should be available soon.

If for some reason you find you can't make your booked session you are able to cancel and receive a refund or transfer your booking to a different session as long as it is done at least 24 hours ahead of the class time.

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

# **Some Advice for Getting the Most from Your Membership**

## **Make a Plan**

Use your first visit to the Oxford Fitness Centre to develop an exercise plan with your Personal Trainer. During this FREE session you can set yourself a plan based on your fitness goals, learn how to use equipment and get 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 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 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 Oxford Fitness Centre our personal trainers are able to offer you some FREE updates to your exercise plan during the course of the year. They 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 Oxford 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.

Between all our fitness centres in Oxford, Rangiora and Kaiapoi we can offer you a number of cross training opportunities, including MEGA Boxfit, and a range of fitness classes including RPM, Les Mills classes and others. 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**

Fuelling 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.

High protein foods and drinks are really important for your recovery after strenuous exercise, so talk to your Personal Trainer about which options might be best for you.

## **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 Oxford 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 Fitness Centre showing a variety of good stretches you can do, and we've included a good stretching guide at the back of this welcome pack.

## **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 supervision of a trainer. There are no exceptions to this.

### 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 6 month contract** and I am unable to cancel my payments or membership before this time. This is a legally binding agreement. If I have a failed payment I allow the Mega Sports Centre to deduct this as an extra payment when my next payment is due.

If I choose to cancel my membership after 6 months **I must put in writing a request to the appropriate Fitness Centre a minimum of 3 business days prior to the next payment.** Direct Debit payments will continue until I authorize my bank to stop them. 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 Sports or Fitness Centre's agree 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 I can only pause my membership if I have paid for a full term upfront and if I require more than the allotted 4 weeks I must provide a medical certificate stating I am unable to use the facility. I understand that I cannot pause my membership if on Direct Debit.

### Termination for Cause by Sports Centre Management:

Sport or 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.

Dont forget to warm up your muscles before stretching with some light exercise.

If you have any quesitons 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.



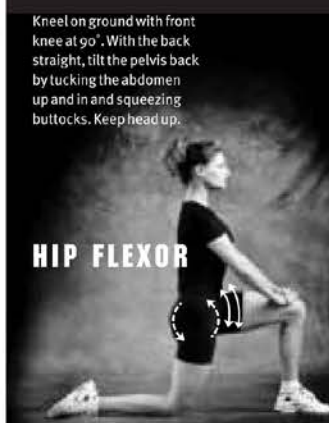
### TRICEPS STRETCH

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 Oxford 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 maintain the high quality of the Oxford Fitness Centre while keeping our membership prices low.

Thanks to...



Café 51 / Appledore Homes Ltd / The Sunroom for Hair

Waghorn Asbestos Removals

I Love My... Makeup-Brows-Tattoo / Roddus Electrical

Wormersley Industries / Bayphil Construction

Oasis Beauty / Alex Mason Contracting

Oxford Pharmacy / Stadium Cars & Stadium Finance



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**[www.sportscentre.org.nz](http://www.sportscentre.org.nz)**