





C-LIFE HEALTH CLUB

26 Bridge Rd Belmore | Ph: 9704 7712 or 9704 7715 Fax: 9740 7904

Email: healthclub@canterbury.com.au Web: www.clifehealth.com.au | Follow C-Life  

League Club No:

Links No:

Application Form

Surname: _____ First Name: _____

Title: _____ Preferred Name: _____ Date of Birth: _____

Address: _____ Suburb: _____ Postcode: _____

Mobile/Home: _____ Email: _____

Pre Exercise Questionnaire - Please read carefully and tick the relevant boxes

Please select Communication Option SMS Email

- 1. Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke? Yes No
- 2. Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise? Yes No
- 3. Do you ever feel faint or have spells or dizziness during physical activity/exercise that causes you to lose balance? Yes No
- 4. Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months? Yes No
- 5. If you have diabetes (type I or type II), have you had trouble controlling your blood glucose in the last 3 months? Yes No
- 6. Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise? Yes No
- 7. Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise? Yes No
- 8. Do you currently participate in equal to or more than 150 minutes of exercise/physical activity weekly? Yes No

IF YOU ANSWERED 'YES' to any of questions 1 to 7, please take the Medical Clearance form given to you, to your GP or allied health professional, prior to undertaking physical activity/exercise.

IF YOU ANSWERED 'NO' to all of the 8 questions, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise.

I have read and fully understood the terms and conditions of membership on this application form including the indemnity clause and I agree to abide to accept these conditions while I attend C-Life.

Member Signature _____

Staff Signature _____

Date ____/____/____

Date ____/____/____

MEMBERSHIP DETAILS (OFFICE USE ONLY)

Membership Start Date

Membership Signed Up By

Entered In Computer By

- New Member
- Renewal
- Salesforce

Please Tick

- Casual
- 7 Day Pass
- Fitness Passport
- Member ID

Visit Pass

- 10 VP
- 10 VP Junior (Staffed hours only)
- 10 VP O/P Seniors

Seniors Card Number

Transfer/Other Promo

Transfer - Original Members Name

Direct Debit

- Standard Fortnightly
- P.A.Y.G Fortnightly
- Junior (Staffed hours)
- Off-Peak
- Staff
- PAYG + Reformer

Upfront

tick for junior

- 1 Month
- 6 Months
- 12 Months
- Rehab
- Active Kids
- Active Kids Plus
- Tertiary

Reformer 10 Pack

- C-Life Member
- Staff Reformer

30 Days bonus entered in links

C-Life Terms and Conditions (updated April 2026)

All Members

- Each Member must be a full member of Canterbury League Club Limited ("League Club") to gain and maintain their membership of the C-Life Health Club ("Health Club"). Expired League Club members will not be allowed entry to the Health Club.
- Membership cards must be swiped and presented on every visit to the Health Club.
- Sharing membership cards is strictly forbidden. Any violation will result in the termination of your membership, along with additional fees and charges imposed on the membership holder.
- All Health Club members must follow all rules & regulations as per League Club membership relating to behaviour standards.
- Members cannot utilise mobile phones for the purposes of taking photos in any gym areas or change rooms.
- All Health Club Members must complete a Pre Exercise Screen before participating in any exercise activity within the Health Club.
- Membership commences from the date of purchase and/or Contract signed, unless otherwise approved.
- Memberships are not refundable or extendable.
- Transfers of memberships are available to members only. Transfers incur a transfer fee, conditions apply*.
- All Health Club Members must be dressed appropriately at all times. This includes appropriate footwear, i.e. joggers. Thongs or sandals of any description will not be permitted entry for safety reasons. Singlets and caps can only be worn inside the Health Club as per club dress regulations.
- Members cannot be guaranteed a place in the group exercise classes, as numbers are limited for safety reasons. Class entry will not be permitted after 10 minutes of commencement for your safety.
- Management reserves the right to adjust the group fitness timetable based on demand.
- Change room lockers will be provided at no cost to all Health Club Members subject to availability during C-Life staffed hours.
- Canterbury League Club takes no responsibility for any personal belongings left in lockers or storage areas provided.
- Members are required to remove personal items from change room lockers prior to the end of staffed operating hours.
- Both Up-front and Direct Debit members must pay an administration fee.
- Membership is refundable if cancelling within 7 days of joining however the administration fee is not refundable.

Direct Debit Membership

- The customer shall pay for all costs incurred by C-Life Health Club (including costs for which C-Life may be contingently liable) in any attempt to collect monies owed by the customer to C-Life under this agreement including collection costs, repossession costs, location costs and process server costs on a solicitor/client basis.
- A member who incurs a debt to the club and fails to discharge such a debt within 14 days from service on that member of a notice from the club in writing requiring payment thereof may, by resolution of the Board, be suspended or expelled from club membership.
- Standard and Off Peak direct debit memberships require a minimum 26 debited fortnightly payments to fulfill the contracted period. On-hold periods are not included in the minimum 26 fortnightly payments.
- All P.A.Y.G direct debits require a minimum of 2 debited fortnightly payments to fulfil the contracted period.
- A \$15 service fee will be charged for each dishonoured fortnightly transaction.
- Standard and off peak memberships will incur a cancellation fee of \$200 if cancelling before the minimum 26 debits are completed.
- C-Life Health Club requires 14 days written notification of any changes to the membership (including cancellations and suspensions) to action these changes.
- Fortnightly memberships continue indefinitely until the member notifies the Health Club to cancel by completing a C-Life cancellation form. Cancellation forms are available at reception.
- C-Life Health Club is not responsible for contacting you if you cease using the facilities.

Junior Membership

- All junior members must be accompanied by a parent or guardian to join the Canterbury League Club before joining the Health Club.
- Minimum age of a Junior member is 15 years of age.
- A junior member must upgrade to a full membership as soon as they turn 18 years of age in order to continue as a Health Club member.
- Junior members must abide by all rules and regulations as per normal League Club membership.
- Junior members are not permitted entry outside of C-life staffed hours.
- 14 year old casual visit - 14 year olds are permitted to visit the Health Club under parental supervision. The minor must be in the company of a parent who is both a member of Canterbury and C-Life. The parent must remain with the minor in the Health Club for the entire duration of the minor's visit. The minor must complete a pre-screening form on-arrival and a \$8.50 casual visit fee will be charged for the visit.

Off Peak Direct Debit Memberships

- Provides access Mon-Thurs from 9:45am to 4pm, Fri 9:45-7:30pm and weekends and Public Holidays 7:45am-4pm. Access to the Health Club outside these times will require a \$5 surcharge fee per visit.

10 Visit Passes

- 10 Visit Pass includes access to classes, excluding Reformer Pilates.
- 10 Visit Passes are not transferable, not refundable, not extendable and must be utilised within twelve months of the purchase date on the pass.
- All 10 Visit Pass holders can utilise crèche services for a fee.
- Refer to C-Life website for all terms and conditions for Reformer Pilates 10 Visit Pass.
- Seniors Pass entry only available during C-Life staffed hours.

Casuals

- Casual are not permitted entry outside of staffed operating hours.
- Casual are not entitled to use of the creche. Health checks available (fees apply).

Administration fees

- An administration fee applies to both 6 & 12 month up-front and direct debit memberships.
- If renewing your membership within (1) month of expiry no admin fee applies however rejoining after this period the admin fee will be charged.

On-Hold periods - Forms available www.clifehealth.com.au/forms

- All On Hold applications must be submitted online to C-Life Health Club 14 days prior to commencement of suspension period in order for Health Club administration staff to process the application.
- C-Life staff cannot backdate on hold applications. You must submit a separate on-hold application to C-Life for any extensions on current holds or normal pay schedule will recommence once the on hold period has expired.
- C-Life Direct Debit Memberships are entitled to a minimum of 2 weeks and maximum 8 weeks free suspension per calendar year. A fee of \$5 per week will apply to any extension over these periods to a maximum of 12 weeks at which time full rates will apply. On Hold fees will be debited from members accounts unless otherwise stated.
- C-Life 6 & 12 Month memberships are entitled to a maximum of 2 weeks and 4 weeks respectively per membership term and after it is \$5 per week.
- All other memberships cannot be placed on hold.

Cancellation Fee

- Standard and off peak memberships will incur a \$200 cancellation fee if cancelling before the minimum 26 debits are completed

24/7 Operation

- *Normal operating hours are those hours in which there are staff on duty within the health club. Visit www.clifehealth.com.au/hours
- Members may access the Health Club outside of normal operating hours*, in doing so they realise that the Health Club is unsupervised at these times, and they acknowledge that whilst they exercise, they do so at their own risk.
- Members wishing to train after normal operating hours* must be current Health Club members and must have their membership card with them at all times.
- Members without membership cards will be refused entry.
- Members who owe outstanding fees will be refused entry and asked to pay outstanding amount during normal operating hours*
- Members accept that due to safety reasons certain areas of the Health Club are not available for use outside of normal operating hours*
- Members are required to return equipment to its allocated area.
- Members must be considerate of others by not prolonging the use of equipment.

Hygiene

- All equipment use necessitates use of a towel, which can be purchased or hired at C-Life reception. Beyond regular staffed hours members must supply their own towel.
- It is advisable to use body deodorant. Shower cubicle doors must remain shut. Showers are unavailable outside of staffed hours.
- Sanitizing wipes are available around the facility for members to wipe equipment.

Recommendation

- According to Aus Active guidelines, it is suggested that males over 35 and females over 45 undergo a medical assessment before commencing exercise.
- Prior to starting any exercise program, carefully read the advice provided and consult staff for a suitable program.
- Begin low intensity level of training during your initial visits, concentrating on technique. Maintain a pace where you can comfortably converse and inform staff of any future illnesses or conditions.
- Members must ensure that they are medically fit to participate in unsupervised exercised when accessing the health club outside of staffed hours and that they have not been advised otherwise by a medical practitioner.

I have read and fully understand the terms and conditions of membership on this application and I agree to abide by and accept these conditions while I attend C-Life.

Signature

Date: _____ / _____ / _____