

Dasmariñas Village Association Inc.

1417 Campanilla Street, Dasmariñas Village

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D.V.A. Circular No. 2015 - 10

May 27, 2015

DVA Fitness Gym – Updated Rules/New ID

Dear Residents:

We are happy to inform you that we have formed an Ad Hoc Fitness Gym Committee for the sole purpose of improving the standards in the management of our Fitness Gym. It is composed of Village residents and regular users of the gym who are more than willing to share their time and talent in helping us draw a master plan with the end in view of providing our gym members/users with better facilities and services.

The Committee has just finalized the updated rules to guide the members in the proper use of the gym which will be given to you when you apply for a new gym ID. We also need an updated list and profile of our gym users so we have introduced a new and nicer gym ID which will be implemented on June 1, 2015.

The processing period for the new gym ID will start on June 1, 2015, 8:00 AM – 5:00 PM (Monday to Thursday) and 9:00 AM – 12:00 NN (Saturday), at the DVA ID Processing Center located inside the DVA Townhall Office at Campanilla Street. For your convenience, on FRIDAYS, for the month of June, we are extending the processing time from 8:00 AM – 8:00 PM. Said ID is free of charge but replacement cost is ₱200.00. We attached hereto a copy of the qualification for membership for your reference.

The following requirements must be submitted to the ID Processing Center personnel upon applying for the new Gym ID:

1. Duly accomplished application form (attached),
2. Photocopy of an ID showing your home address in Dasmariñas Village or utility receipt with your billing address in Dasmariñas Village such as Meralco, Manila, PLDT, etc.

You may call our Village Assistant Manager, Mr. Romy Cruz, at tel. no. 843-2262 loc. 125 for any inquiry.

Thank you.

Christine B. de Jesus

CHRISTINE B. DE JESUS

Vice President & Chairperson,

Sports & Community Affairs Committee

encl: /as

DVA FITNESS CENTER MEMBERSHIP QUALIFICATIONS

1. Only DVA residents, 12 years and older, can apply for a DVA Fitness Center ID card. (Exemptions: DVA Volunteer Firefighters and DVA First Aid Volunteers). DVA residents, between 12-16 years old, may use the Fitness Center **only** if accompanied and supervised at all times by a parent or accredited personal trainer.
2. DVA residents must submit the following requirements to receive a DVA Fitness Center ID card.
 - Completely-filled Application form with ID picture
 - Photocopy of a Government, School, Work-issued ID showing place of residence **OR** Photocopy of a Valid ID plus a phone, utility or credit card bill.
 - Signed Waiver Form
 - For Tenants: a copy of the Lease contract
3. Senior Citizen residents are exempted from Fitness Center fees **but** must fulfill all the requirements (indicated on line item# 2 above) to receive a DVA Fitness Center ID card.
4. DVA Volunteer Firefighters, Past & Present DVA Board Members and DVA First Aid Volunteers are exempted from Fitness Center fees **but** must fulfill all the requirements (indicated on line item # 2 above) and must get Certification of exemption from DVA Manager to receive a DVA Fitness Center ID Card.
5. DVA Fitness Center ID holders must maintain their monthly payments to have access to the Fitness Center. These payments must be made at the DVA office during regular office hours or to the receptionist. Please remember to get or ask for a receipt as this will serve as your proof of payment.
 - Monthly Fee: P750.00

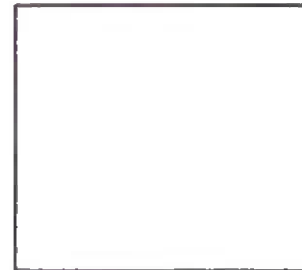
For Trial Membership, please secure a Trial Membership Ticket from the DVA Office and surrender to the Gym Attendant/Reception.

6. **Daily Guest Pass:** DVA residents, who are Fitness Center ID holders, may bring guests to the Fitness Center. Each guest is subject to a one-time use daily fee of eight hundred pesos (P800). Absolutely no guest/s will be allowed use of the Fitness Center without the presence of the DVA Fitness Center ID holder. These payments must be made at the DVA office during regular office hours or to the Gym Attendant/Receptionist. Please remember to get or ask for a receipt as this will serve as your proof of payment.
7. The DVA has the sole right to refuse Fitness Center membership to anyone it deems unfit to be a member. Such refusal though, cannot be based on race, religion, disability, sexual orientation, class or creed.

DASMARINAS VILLAGE ASSOCIATION INC.

1417 Campanilla Street, Dasmarinas Village, Makati City

Tel. No.: 843-2262/843-9138



GYM MEMBERSHIP APPLICATION FORM

MAF # _____

NAME OF APPLICANT _____ NICKNAME _____

ADDRESS _____

OFF. TEL. # _____ RES. TEL. # _____ CELPHONE # _____

BIRTHDATE _____ AGE _____

CIVIL STATUS: () married () single () separated () widower

NOTE:

- 16 years old and above are accepted for membership.
- Gym fees must be paid upon issuance of the I.D. card.
- I.D. cards are valid for a period of one (1) year, renewable upon request.
- Submit 2 pcs. 1 x 1 colored picture upon applying.

DVA GYM WAIVER

I declare and warrant that I am in good physical condition and that I have no disability, impairment or ailment that will render exercise, in any form, injurious to my health, safety or physical condition. I have consulted my physician on this matter and he has given me his approval to engage in a physical exercise program. I will get the prior approval of my physician before embarking on a specific exercise program, whether devised by myself solely or in consultation with the gym instructor. I will do likewise before I make changes thereto.

I will strictly and faithfully follow all instructions given by the instructors and the Rules and Regulations of the DVA Fitness Gym to avoid injury or illness.

I hereby release, waive and discharge the instructors, staff and administration of the DVA Health Gym and Dasmarinas Village Association Inc. from any claim of injury, damage or liability arising from my membership in and usage of the facilities and services of the DVA Health Gym.

(Signature of Applicant)

(Date)

DVA FITNESS CENTER RULES AND REGULATIONS

These rules and regulations exist to ensure an enjoyable and safe fitness experience for our members and to help protect the longevity of the fitness equipment. Please feel free to review and be familiar with the policies below. Failure to follow the rules could result in you being asked to leave the facility.

FITNESS CENTER ACCESS

- All DVA Fitness Center ID holders in good standing (up-to-date payments, no outstanding suspensions or notices) may use the fitness center.
- A no Fitness Center ID, no entry policy is strictly enforced
- Please present your Fitness Center ID card to the receptionist to use the facility. It is the Fitness Center's responsibility to make sure that you have logged in and out correctly. Please ask the receptionist if you are unsure of how to do this or if you need assistance.
- Fitness Center ID holders must maintain their monthly payments to have access to the gym. These payments must be made at the DVA office during regular office hours or to the receptionist. Please remember to get or ask for a receipt as this will serve as your proof of payment.

Monthly Fee: P750.00

- Daily Guest Pass: DVA residents, who are Fitness Center ID holders, may bring guests. Each guest is subject to a one-time use daily fee of eight hundred pesos (P800). Absolutely no guest/s will be allowed use of the fitness center without the presence of a DVA Fitness Center ID holder. These payments must be made at the DVA office during regular office hours or to the Gym Attendant/Receptionist. Please remember to get or ask for a receipt as this will serve as your proof of payment.
- The Fitness Center is not responsible for any ID that is lost or stolen. Lost cards can be replaced at the DVA office for P200.
- All areas of the Fitness Center and are under security video surveillance.
- No children under 12 years of age are allowed in the Fitness Center. Children between 12-16 years old, may use the Fitness Center **only** if accompanied and supervised at all times by a parent or accredited personal trainer. One adult may not supervise more than 2 children.

ATTIRE

- Exercise attire is required as well as closed toe shoes (tennis, running, aerobic). No flip-flops, street shoes, flats, boots, etc. will be allowed. No jeans. Shirts are required. No plastic or rubberized suits; cut-offs, or street clothes are allowed.
- Please remove all sharp objects from your pockets for your safety and to help protect our fitness equipment.

DECORUM

- Horse play, yelling, using profanity, making noise/loud sounds and other disorderly conduct will not be tolerated.
- For your safety, please use the equipment and machine as indicated or as per your personal trainer's instructions.
- Please re-rack weights and return all equipment and accessories to their proper locations.
- Do not drop or bang any of the weights/equipment.
- Gym bags and personal items should be placed in the shelves provided.
- Ask if you may "work in," and always allow others the same courtesy; afterward, return the seat and weight to the last user's setup.
- Do not sit on machines between sets.
- Ask staff to show you how to operate equipment properly so that others are not waiting as you figure it out.
- Stick to posted time limits on all cardiovascular machines especially during peak times and please give priority to Senior Citizens for use of the Machines.
- Do not disturb others. Focus on your own workout and allow others to do the same.
- Before beginning your workout, wash your hands and wipe off any cologne or perfume.

EQUIPMENT

- Fitness Center ID holders shall pay for any loss or damage to property for which they or their Guests are responsible. No property shall be lent to any Member or Guest or any other person for any reason without the expressed permission of the DVA Office. No property or furniture shall be moved from or to the Fitness Center without the approval of the DVA office or person assigned by them.

ALL MEMBERS AND GUESTS UTILIZE ALL EQUIPMENT AND FACILITIES AT THEIR OWN RISK. The Fitness Center is not responsible for any trainers or fitness instructors; Members or Guests using such equipment do so at their own risk.

Members and Guests should be aware of their personal fitness limits. Use of fitness club equipment and exercise may be strenuous. Exercise at your own level and pace.

TOWELS

- Towels are not provided for so please bring your own or you may rent towels at the Reception for 300.- and these must be returned after use.

HYGIENE

- For proper hygiene, it is **MANDATORY** to use your own towels over benches, fitness machines and mats.
- Paper towels and Sanitizing sprays are provided, so as a courtesy to the next user, please wipe down equipment after use. These cleaning materials must be used solely for that purpose and cannot be removed from the Fitness Center's premises.
- Please inform the in-house trainers, receptionist or maintenance worker if the seat, bench, machine or mat is wet or dirty.

DRINKS AND FOOD

- Water or fitness drinks in containers with lids are the only substances allowed on the fitness floor and gym. No food is allowed. Please inform the staff immediately if there are any spills.

CELLPHONES

- Please keep cell phone use to a minimum.

BOOKS/MAGAZINES AND OTHER READING MATERIALS

- These materials are allowed **ONLY** on the recumbent bikes.

TELEVISIONS

- Televisions are provided to make your workout more enjoyable. You are welcome to change the channel. The television sound **MAY NOT** be turned up.

AIRCONDITIONERS

- Fitness Center users are not allowed to touch any of the airconditioners or their controls. If you need assistance please ask the in-house trainers or receptionist.

ALCOHOLIC BEVERAGES

- No alcoholic beverages shall be permitted in the Fitness Center at any time.

SMOKING

- Smoking is **not** permitted in the entire building.

PROBLEMS

- It is our desire to give you a safe and clean environment in which to workout. Please report to the receptionist or the in-house trainers any problems you have with any of the equipment on the fitness floor.
- Any complaints regarding the conduct of Fitness Center staff or of a Member or guest should be reported directly to a Fitness Center In-house trainer/receptionist or to DVA management in person or in writing.

MISCELLANEOUS

- No solicitation is allowed inside the Fitness Center.
- If you wish to request the service of a personal trainer within the confines of the Fitness Center, please ask the receptionist or refer to our Bulletin Boards for information on all the Fitness Center's accredited personal trainers.
- DVA Fitness Center ID holders who need special assistance may bring a maximum of one(1) person to assist them. Please ask the receptionist for a sticker for each assistant. This sticker **only** allows entrance to the fitness center but does not allow use of the facilities of the center.