



KOHAT UNIVERSITY OF SCIENCE & TECHNOLOGY

Kohat26000, Khyber Pakhtunkhwa, Pakistan. Ph # 0922-554563-554565

(For Faculty/ Staff)

Membership Form for Fitness Gym

1. Name (in block letters): _____

02

Photos

2. Father's Name: _____

3. Designation: _____

4. Department/ Institute: _____

5. Gender: *Male / Female* 6. NIC No. _____

7. Phone No: _____ Cell. _____

8. Address. _____

9. Membership Fee Rs. _____ Rupees. _____

10. Gym Fee Rs. _____ Rupees. _____

11. Mention medical condition or recurring injuries (if you have).

12. Timing.

- For Female Staff Members 2.00 pm to 3.00 pm (from Monday to Friday)
- For Male Staff Members 4.30 pm to 6.00 pm (from Monday to Friday)

Signature of Applicant

Sign & Stamp of Head of Dept./ Institute



KOHAT UNIVERSITY OF SCIENCE & TECHNOLOGY

Rules of Fitness Center

1. Avoid using Mobile phone in the Fitness Center.
2. All members must check in at the Fitness Center desk, and must present a membership card before working out. Failure to have the proper Membership Card will result in denial of workout.
3. All Membership Cards must be picked up after completed workout and member must check out after the specified time period. The Fitness Center will not hold Membership Card overnight. Otherwise staff will not be responsible for any loss.
4. Lost membership cards must be replaced on Payment of Rs.100/-. NO EXCEPTIONS.
5. Members must wear appropriate exercise dress at all times. A shirt must be worn to cover the upper body; socks and shoes are not allowed in the Fitness Center.
6. Disrupting or interfering with the workout of another member is not allowed. Respect the rights of others by using courteous and appropriate behavior.
7. Observe proper personal hygiene by showering regularly, wearing clean clothing.
8. Members must wipe off all equipment after use and bring their own towels.
9. Staff of Fitness Center is not responsible for loss of personal items.
10. Items will not be held at the front desk. No bags, coats or personal items are allowed in the Fitness Center.
11. Except for capped water bottles, eating or drinking is prohibited. Please dispose off all trash in the proper bins outside of the fitness center.
12. Slow down, clear and reset the cardio-respiratory machines for the next member. Keep all cardio workouts under 10 minutes. Our treadmill and bicycles are on a strict reservation schedule.
13. In case of any damage, the member will responsible for repairing of the item.
14. Gym will remain closed on the official holidays.

Guideline for Membership

Membership and monthly Fee can be deposited in KUST account, 100-0 in HBL, KUST to submit the original slip in account section and in return get the membership form signed from the said section.

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|---|----------------|----------------------|
| ➤ | Membership Fee | Rs.500/- (Once) |
| ➤ | Gym Fee | Rs.300/- (Per Month) |



KOHAT UNIVERSITY OF SCIENCE & TECHNOLOGY

Kohat26000, Khyber Pakhtunkhwa, Pakistan. Ph # 0922-554563-554565

(For Students)

Membership Form for Fitness Gym

1. Name (in block letters): _____ **02 Photos**

2. Father's Name: _____

3. Department/ Institute: _____

7. Class: _____ Semester/Term/Year. _____

5. Gender: *Male / Female* 6. NIC No. _____

7. Phone No: (Res) _____ Cell. _____

8. Address. _____

9. Membership Fee Rs. _____ Rupees. _____

10. Gym Fee Rs. _____ Rupees. _____

11. Mention medical condition or recurring injuries (if you have).

12. Timing.

- 1st Shift 10.00 am to 11.15 am (from Monday to Friday)
- 2nd Shift 11.30 am to 12.45 pm (from Monday to Friday)
- 3rd Shift 2.00 pm to 3.00 pm **(only for female staff and students)**
- 3rd Shift 3.15 pm to 4.30 pm (from Monday to Friday)
- 4th Shift 4.30 pm to 6.00 pm (from Monday to Friday)

Signature of Applicant _____

Director Sports. _____



KOHAT UNIVERSITY OF SCIENCE & TECHNOLOGY

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11. Except for capped water bottles, eating or drinking is prohibited. Please dispose off all trash in the proper bins outside of the fitness center.
12. Slow down, clear and reset the cardio-respiratory machines for the next member. Keep all cardio workouts under 10 minutes. Our treadmill and bicycles are on a strict reservation schedule.
13. In case of any damage, the member will responsible for repairing of the item.
14. Gym will remain closed on the official holidays.
15. Students will pay Rs. 600/- as whole for 03 Months. OR Rs.200/ Per Month.
16. Please attach Photocopy of NIC, University Identity Card and 02 recent Photograph with the membership form.

Guideline for Membership

Membership and monthly Fee can be deposited in KUST account, 100-0 in HBL, KUST to submit the original slip in account section and in return get the membership form signed from the said section.

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|---|----------------|-------------------------------------------------|
| ➤ | Membership Fee | Rs.500/- (Once) |
| ➤ | Gym Fee | Rs.600/- (for three months)/ Rs.200/- Per Month |