



481 Shamrock Avenue, Bredell, Kempton Park

ENROLMENT FORM

Student Name and Surname	
School	
Date of Birth (dd/mm/yyyy)	
Contact Number Student	
Cell Number - Father	
Cell Number - Mother	
E-Mail - Father	
E-Mail - Mother	
Medical Aid Information	
Allergies and Medical Conditions	

PAYMENT METHOD

OPTION 1 – Yearly in Advance – R5,000

OPTION 2 – 1st Month R1,200 and 11 x monthly payments of R400

RST COLOUR

Yellow	
Red	
Light Blue	
Dark Blue	
Purple	
Pink	
Orange	
Mint Green	
Sands	

GENERAL

Please note that monthly payments must be made before the 2nd of every month.

A reference number will be allocated that must be used when payment is made to link your child to your payment.

Your child will not be allowed to partake in exercise sessions if payment for the month has not been received and confirmed.

Should your child decide to leave the Academy no refunds will be granted for monthly or yearly payments made.

The Academy expects your child to be on time for exercise sessions. Sessions missed will be lost.

The Academy expects our students to be disciplined and focused to achieve their goals.

General Disclaimer

NO WARRANTIES: No express or implied warranties of any type, including for example implied warranties of merchantability or fitness for a particular purpose, are made with respect to the information, or any use of the information, on this site. RST Fitness makes no representations and extends no warranties of any type as to the accuracy or completeness of any information or content on this website, brochures or training courses.

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USE AT YOUR OWN RISK: RST Fitness strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. RST Fitness is not a licensed medical care provider or qualified doctor and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise, exercise program or use of the RST Trainer, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge RST Fitness from any and all claims or causes of action, known or unknown, arising out of RST Fitness's negligence.

By signing below I hereby give permission that my son/daughter to join the RST Fitness Academy.

I fully indemnify RST FITNESS and its COACHES of any injuries my child might incur whilst performing exercises or whilst using RST FITNESS's training equipment.

Please mail back to jpvd@absamail.co.za

Date: _____

In life nothing is gained without a vision, a plan and commitment to achieve a goal, effort and self-discipline!!

