

## About Team Energised

**Team Energised has been designed to help those who would like to become more energised, motivated and inspired to get more out of life through getting fit, having fun and being challenged, by creating a membership scheme with many benefits:**

- Discounted prices on 1:1 services including Personal Training, massage and coaching (applies to Gold membership only)
- Discounted prices on all courses, training camps and events
- Advance notice of all new courses, training camps and events, plus priority booking
- Support at competitions where Team Energised are racing
- Discounts with our associates when buying through Energised Performance on selected products, including Sweatshop, Flexi Bar, Torq Bars and many more to come...
- Discounts on Energised Clothing
- Team Energised Membership Card

## I would like to join Team Energised (please tick as appropriate):

- Gold Membership:** £62 for a 12 month period  
5-10% discount on all courses, training camps, events & 1:1 services, various offers with EP associates
- Silver Membership:** £30 for a 12 month period  
5-10% discount on all courses, training camps & events only, various offers with EP associates

Discount offer:

I enclose a cheque (Energised Performance)/cash/BACS transfer for: £

Name:

Address:

Daytime telephone:

Mobile telephone:

Email Address:

Date of Birth:

Emergency contact name and telephone:

Please outline what regular exercise you have taken over the last six months, and how fit you feel...

Please tick which of our services you are interested in:

Personal Training    Sports Massage    NLP & Coaching    Courses    Events    Training Camps

Are you currently suffering from any injuries? (If yes, please briefly describe)

### Terms & Conditions

Team Energised membership is valid for 12 months from the end of the month of date of payment. Payment is required in advance by cash, cheque or BACS transfer. Prices for Team Energised Membership & Energised Performance services and products are subject to change. Discounts on Energised Performance services and products to be agreed at time of purchase and are subject to change without notification. Discounts with Team Energised Associates is at the discretion of each individual Associate. Priority booking for courses, training camps and events does not guarantee a place. Kim Ingleby & Energised Coaches (Energised Performance) are qualified, insured and registered personal trainers, sports therapists, Flexi Bar trainers & NLP Master Practitioners. All the information and exercises given within the course of Team Energised membership is to be used as a guideline to develop your fitness and wellbeing, yet Kim Ingleby (Energised Performance) holds no responsibility for the interpretation of the advice given during or after the sessions. Should you suffer any illness, injury or loss during the sessions Energised Performance, we will not be held responsible. If any of the information you have given changes, you will inform Kim Ingleby immediately. This information will apply to any courses, training camps or events you participate in during your Team Energised membership.

Your signature:

Date:

**Please sign and return to: Team Energised, 29 Westacre Close, Westbury on Trym, Bristol, BS10 7DH**

### Office Use Only:

EP signature and date:

Level:

Membership No:

Payment method:

Start date:

Expiry date:

Card sent: