

Daily admission (must be presented to the coach or liveCOACH!)

Confirmation GAIA Hotel Basel

Valid on _____

Date: _____

Signature: _____

update Fitness Basel SBB

Date: _____

Signature: _____

update Fitness Basel SBB

Elisabethenanlage 11

4051 Basel

Telefon: 061 333 90 88

www.update-fitness.ch

Opening hours

Monday to Friday

06:00 am - 11:00 pm

Saturday

06:00 am - 08:00 pm

Sunday

08:00 am - 08:00 pm

Opening hours supervised on site

Monday

06:00 am - 08:30 pm

Tuesday, Wednesday,

08:00 pm - 01:00 pm / 04:00 pm - 08:30 pm

Thursday, Friday

Sunday

08:00 pm - 01:00 pm

Personal data guest

☐ Ms. ☐ Mr.

Last name _____

First name _____

Tel. _____

Date of birth _____

Health information

Have you been exercising regularly for more than 3 months?	YES	NO
How intense? ☐ light ☐ intense ☐ very intense _____ times per week Type(s) of sport: _____		
Do you train regularly on strength and endurance machines?	YES	NO
If both questions were answered with NO, the training can only be completed during the times when a coach is present in the centre.		
Do you have occasional chest pains or have you had a heart attack?	NO	YES
Do you have high blood pressure?	NO	YES
Did any of your family members suffer from cardiovascular disease at a young age?	NO	YES
Do you have diabetes?	NO	YES
If the first two questions were answered with NO and one of the 4 questions with YES, the training can only be carried out after an introductory training with a coach. The introductory training is free of charge.		

Supplementary information on health issues:

The information in the completed questionnaire corresponds to my current health conditions.

Date

Signature Coach

Signature Guest