



Frequently Asked Questions

1) How much is the membership and what does it cover?

You are being given an Elite Membership for unlimited use of any of the Gold's Gym clubs in the Philippines and 14 days per year per club reciprocity of our 650 clubs all over the world (for one year members). Normally, you would have to pay 3,800 for 1 month. There is a lockout of one year and freezing can only be done after one year.

Your group has been chosen as a recipient of a subsidized membership under the CORE POWER program. You will only pay P 1,000 per month sans joining fee and 2 months deposit with a minimum engagement of 3 months only!

The membership covers three personal training (orientation workouts), fitness analysis, unlimited use of gym, steam, sauna and group exercise classes (except personal training and instructional boxing).

2) Who can avail of the special subsidized membership?

Any bonafide member of the Association with a valid members ID and endorsed by the Association can avail of the subsidized membership. A copy of the ID (front and back) should be submitted together with application form plus the deposit slip.

3) Why is Gold's Gym giving the corporation a 70% discount?

Just like airlines, we have extra capacity that we wish to dispose of at a great discount but without jeopardizing the membership mix of the club. Hence, we have decided to offer the special rate only to big corporations that by the sheer number of their population can give us a yield of at least 500 members.

4) How do I pay for the membership?

Normal and most common practice is by salary deduction. If and when it is not allowed by the company, the best and most practical alternative will be depositing the cash to a Gold's Gym account and submit the deposit slips to Association office point person. Membership should be paid on or before the 15th day of the month if starting date target is 1st day of the following month otherwise on or before 16th of the month if starting date target is 16th of the following month.

5) Why can't I pay over the counter at Gold's Gym?

Since the subsidized rate is a special arrangement with our head office and is a wholesale rate, understand that it can't be paid individually at our front desk counters. It should actually be paid in bulk or as a whole. The other reason is we do not want to upset the retail price of P 3,800 for one month unlimited.

6) What are the gym hours?

Our operating hours are 6:00 am to 12:00 midnight Mondays to Fridays and on Saturdays, 6:00 am to 9:00 pm and Sundays 8:00 am to 9:00 p.m.

7) What are the terms of membership?

Minimum term is 3 months. If employee wishes to lock the rate then he/she should sign up for one year.

8) Can the same rate be extended to relatives or friends?

We are encouraging up to a maximum of two extensions per employee. Logic here is that you will be more committed to a regular exercise program if you go with a family member or close friend. Realize though that we collect from you and you are legally bound to pay for all your extensions hence you sign their membership agreements as buyer.

9) Is this membership transferable?

Membership at this low rate is not transferable.

10) What happens if I cannot use it for the month?

We encourage that you free up your schedule and exercise regularly to enjoy the multitude of benefits (30% increased brain power, increased immunity and resistance, more energy, better mood, etc).

11) Who should I contact if I have problems or concerns about my membership?

Any issues, concerns and questions regarding your membership should be in writing. Email your account officer (Mona) m.vergeldedios@goldsgym.com.ph or accomplish a CSF (Customer Service Form) in any of the clubs and tell them to forward to Mona .

12) What happens when I resign from the company?

We cannot give you the special rate once you resign from the company. In fact, we want you to surrender your membership card to HRD as a requirement for clearance since it is part of your employee benefit. HRD will also update us monthly on resignations or terminations of employment. Needless to say, the membership privilege of your extension ends when yours get terminated. That is also one reason why memberships are prepaid prior to use.

13) This is my first time to join the gym. Do you have a program for beginners?

We will inform the personal trainer who will give you an orientation workout so that he/she is aware. You should discuss or put in writing in the PAR-Q what you expect from your program and your limitations if any.

Understand that since we want this membership to provide you with the results you expect (hence 3 months minimum) we need your utmost honesty and transparency when it comes to your expectations, exercise likes and dislikes, time limitations, and any other issues/concerns we should know.

14) I cannot afford a personal trainer. What do you suggest?

Many members still derive the benefit of exercise even without a personal trainer. Normally, you hire one when you have a special fitness goal that you want to achieve under time pressure (or deadline). You also hire one when you have an injury or when you lack the motivation. You and your friends can actually pitch in and get a personal trainer as a group (called Team Physique or Not-So-Personal-Training). The latter is only P 2,500/pax for 5 one-hour sessions for a minimum of two or a maximum of 5 people. You may also join a group exercise class such as spinning (for weight loss) and ask the instructor for tips that may help you. Don't hesitate to email us any questions on fitness that you have which the club cannot address.

Stay well always,
MYLENE MENDOZA-DAYRIT