



**ALLAMA IQBAL OPEN UNIVERSITY  
DIRECTORATE OF ESTATE MANAGEMENT  
H-8, ISLAMABAD**

**FITNESS CENTER MEMBERSHIP FORM**

**FOR OFFICE USE**

MEMBERSHIP NO. \_\_\_\_\_

DIARY NO. \_\_\_\_\_ SECTION: \_\_\_\_\_ DATE: \_\_\_\_\_

- NOTE:** (i) Fill the form in Capital letters  
(ii) Use only one box for one character as  

A	B	C				
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(iii) Tick the relevant Box.  
(iv) Please write N.A. in the column not applicable.

PHOTOGRAPH  
OF EMPLOYEE  
TO BE PASTED  
HERE

**GENERAL INFORMATION**

1. Name of the Employee

2. Designation

3. BPS :    
(Regular)

4. Name of Department

5. N.I.C. No.   -   -

8. Date of Birth:

6. Details of Spouse/Children willing to avail the facility of fitness center AIOU

S. No.	Name	Relation	Age
<input type="checkbox"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
<input type="checkbox"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
<input type="checkbox"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
<input type="checkbox"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
<input type="checkbox"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
<input type="checkbox"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
<input type="checkbox"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>

7. Date of Appointment in AIOU:    8. Date of posting at present-station:

9. Residence Phone    10. Mobile Number

✓ I hereby undertake that above information are correct. I shall abide by the decorum, rules, procedure, and instructions issued/framed from time to time to avail the facility of fitness center. I undertake all liabilities of my spouse and family members joining the fitness center. No medical liability would be borne by the Fitness Centre.

Signature of Employee: \_\_\_\_\_

Date: \_\_\_\_\_

11. Please ensure that the ONE COPY of following documents have been attached with application in the following order.

	Yes	No
(a) Copy of AIOU Employee Card	<input type="checkbox"/>	<input type="checkbox"/>
(b) Copy of N.I.C. (Employee)	<input type="checkbox"/>	<input type="checkbox"/>
(c) Photo pasted:	<input type="checkbox"/>	<input type="checkbox"/>

## AIOU Fitness Center Rules

- a. All University Employees can seek membership of AIOU Fitness Centre along with their spouse/Children only.
- b. The Fitness Center signs in / sign out sheet must be signed prior to commencing your workout and when you leave the Center.
- c. No food or drink is allowed in the fitness Centre area.
- d. Shoes need to be worn at all times in the Fitness Center.
- e. Wash your hands before and after exercising.
- f. Members are allowed to bring a drink bottle during workout.
- g. Bring a towel daily / as per your use / activity.
- h. Wipe down equipment after use.
- i. No food or open drinks are to be taken into the fitness center.
- j. Do not move any equipment from its allocated position in the fitness center.
- k. Do not sit on the machines between sets.
- l. Re-rack weights and return all other equipment and accessories to their proper location.
- m. Time limit (pre-fixed) on all cardiovascular training Machines be followed strictly.
- n. Members will not be allowed to bring his/her own fitness equipment, whatsoever is available in the fitness Center.
- o. Report any equipment damage immediately to the Fitness Center Manager / Assistant Director Estate Management
- p. Members must be over 15 years of age for using AIOU Fitness Center Facility.
- q. Avoid defacing or destroy and property within the fitness center including walls, floor, equipment etc.
- r. Loitering, use of drugs, smoking, alcohol or any illegal activity is prohibited in premises of fitness Centre.
- s. Use of cell phone is not allowed in the fitness center.
- t. Any other rule, instruction or order issued by the concerned will be adhered accordingly. The Concerned Department reserves the right to revoke the membership of anyone who violates the rules.