

Lava Fitness Center

General Rules for Fitness Center Use

Participants are asked to adhere to the following guidelines:

1. Please show respect for the equipment, facility, and towards others using the Fitness Center.
2. Do not move or rearrange the equipment and/or exercise machines.
3. To assure that all participants are able to use the machines, please limit the use of cardio machines to 30 minutes when others are waiting.
4. Please wipe off equipment after use with the sanitizer that is provided. Please pick up trash, towels, and personal belongings before leaving. Try to leave the center in better condition than when you arrived.
5. No one under the age of 16 is allowed in the Fitness Center. Members 16-17 years of age must be accompanied by a legal guardian.
6. Consult your physician prior to undertaking exercise in the center.

Waiver and Release (Must be completed and on file prior to using the Fitness Center.)

I, the undersigned, have read and understand the General Rules for the Fitness Center Use. I acknowledge a full understanding of the inherent dangers and risks associated with the use of this facility.

I acknowledge it is recommended that I seek approval from my physician before implementing an exercise regimen, as there may be significant health risks associated with exercising. I also understand that injury may result if equipment is not used properly. In recognition of the possible dangers connected with physical activity, members knowingly and voluntarily waive any action of any kind whatsoever arising as the result of such activity from which any liability may occur to the Lava Fitness Center, its officers, agents, employees, instructors or assign.

Membership type:

Self _____ 55 yrs. or older _____ Spouse of member _____ First Responder _____

Monthly rate _____ Yearly rate _____ \$5 Key Deposit (required) _____

Name (please print) _____

Date of Birth _____

Address _____

Phone Number _____

I have read and understand this release of liability agreement. I voluntarily agree to its terms.

Signature _____

Signature of Parent/Legal Guardian _____

(if 16-17 years old)