



Apogee18 Wellness Center Rules, Regulations, and Waiver Form

Medial Exam: All members are strongly encouraged to have a complete physical examination prior to beginning an exercise program.

Guest: The use of this facility is limited to employees/members of the tenants of this building that hold a valid key card for entry into the facility. Bringing Guest to the facility is strictly prohibited. All uses of the facility must have signed the Wellness Center Waiver form on file.

Assumption of Risk: You agree that if you engage in any physical activity or exercise including physical therapy and personal training in this facility, you do so at your own risk and assume the risk of any and all injury and damage you may suffer, whether while engaging in physical exercise or not. This includes injury or damage sustained while and resulting from using any equipment or while under the guidance of a personal trainer. Your assumption of risk includes but is not limited to your use of any exercise equipment on your own or in group class. You agree that you are voluntarily participating in any class, program, instruction, or physical activity.

Release of Liability: Member is aware that he or she will be engaging in a range of activities including but not limited to jumping, stretching, turning, lifting, and twisting. Members agree that participation in any and all activities is voluntary and of their own volition. To the extent permitted by applicable law Member waives any and all claims and rights that Member may now or hereafter have against Apogee18 Wellness and its employees and owners and releases, discharges, holds harmless and indemnifies the same.

PRINT NAME OF MEMBER: _____

AGE OF MEMBER: _____

MEMBER SIGNATURE: _____

DATE: _____



Apogee18 Wellness Center Contract

DATE: _____

MEMBERSHIP NUMBER: _____

First Name	Last Name	Middle Initial
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Present Address	City	State	Zip
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E-Mail Address	Cell Number	Birthdate	Gender
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In Case Of Emergency	Emergency Phone
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Membership Type



Program Costs

Initial Assessment: \$150.00

Group Classes: \$30.00 Each (\$20.00 For Wellness Basic Members Or Purchase Of 5 Or More)

1 Hour Functional Circuit Class In Small Group Format (5-10 People). All Classes Instructed By Licensed Physical Therapist.
Class Schedule TBD Weekly

Plans

	WELLNESS BASIC	SUPERVISED WELLNESS	UNLIMITED
Monthly Fee	\$40/mo	\$50/mo	\$105/mo
Hours Available	Business Hours Mon/Wed/Thu starting in June 2023	Medical Wellness Program Hours 10am-2pm Mon/Wed/Thu starting in June 2023	24/7 Access
Equipment Access Access To Cardio Machines And Basic Equipment Needed For Your Individualized Functional Workout (Received With Wellness Assessment)	✓	✓	✓
Supervised Workouts		✓	
Group Classes 1 Hour Functional Circuit Class In Small Group Format (5-10 People). All Classes Instructed By Licensed Physical Therapist. Class Schedule TBD Weekly	\$20 (\$30 Value)	\$20 (\$30 Value)	Unlimited Classes Included