

Walking Track Membership

Expires _____

Guest Name	E-mail Address	Home Phone	
Home Address	City	State	Zip
Emergency Contact Person _____			
Name	Phone		

How did you hear about Fitness Lifestyles?

Because physical exercise can be strenuous and subject to risk of serious injury, the club urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest or participant) agree that if you engage in any physical exercise activity, or use any club amenity on the premises or off the premises including any sponsored club event, you do so entirely at your own risk. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury, illness, or death.

This waiver of liability includes without limitations, all injuries which may occur as a result of
(A) Your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction.
(B) The sudden and unforeseen malfunctioning of any equipment.
(C) Our instruction, training, supervision, or dietary recommendations.
(D) Your slipping and/or falling while in the club, or on the club premises, including adjacent sidewalks and parking areas.

You acknowledge that you have carefully read this "Waiver and Release" and fully understand that it is a release of liability. You expressly agree to release and discharge the health club, and its affiliates, employees, agents, representatives, successors, or assigns from any and all claims or causes of action and you agree to voluntarily give up or waive any right you may otherwise have to bring a legal action against the club for personal injury or property damage.

If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effective and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I have read, understand, agree to, and will abide by all terms of this document. I further understand that this release cannot be modified orally.

Rules for Temporary Membership Trials

You must check in at the front desk when you arrive for your workout. Guests are required to clean off the equipment they use with the disinfectant spray we have throughout the club. Please respect others and not use vulgar language while at the club. Our nursery is available for use while guests are using the fitness center, check for pricing and hours. We will terminate a membership for anyone that gives their card to someone else or attempts to alter it or lets non-members in the facility with out the correct payment. Everyone is required to wear tops, bottoms, and shoes; no street shoes allowed.

Signed _____ Dated _____

Club Representative _____ Dated _____

Oct _____ Nov _____ Dec _____ Jan _____ Feb _____ March _____
Pay in full 6 months get 10% off, otherwise \$25.00/month.