

## INDIANA FITNESS CLUB NEW CLIENT WAIVER

First Name:	Last Name:	
Phone:		
Email:		
Birthday:		
Emergency Contact Name:	Relationship:	Phone:
How did you hear about us? (Circle one):    Instagram    Radio    Facebook    Word of Mouth    Other: _____		

I fully understand and acknowledge that recreational and fitness activities, have (a) inherent risk, dangers, and hazards and such exists in my use of any equipment and my participation in these activities; (b) my participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death or other ailments that, could cause serious disability; (c) these risks and dangers may be caused by the negligence of the representatives, employees, or volunteers of , Indiana Fitness Club, the negligence of the participants, the negligence of others, accidents, breaches of contract, or other causes; (d) by my participation in these activities and for use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages whether caused in whole or in part by the negligence or the conduct of the representatives, employees, or volunteers of Indiana Fitness Club, or by any other person.

I, on behalf of myself, my personal representatives and my heirs, hereby voluntarily agree to release, waive, discharge, hold harmless, defend, and indemnify Indiana Fitness Club and it representatives, employees, and volunteers from any and all claims, actions or losses of bodily injury, property damage, wrongful death, losses of services or otherwise which may arise out of my use of any equipment or participation in these activities. I specifically understand that I am releasing, discharging, and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the representatives, employees, and volunteers of The Facility. I HAVE READ THE ABOVE WAIVER AND RELEASE AND BY SIGNING IT AGREE. IT IS MY INTENTION TO EXEMPT AND RELIEVE INDIANA FITNESS CLUB FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE.

All sales are final at time of sale. No returns, No refunds.

Signature: \_\_\_\_\_

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

Print Name: \_\_\_\_\_

If Member is under 18 years of age, Parent or Guardian Signature: \_\_\_\_\_

**(Flip Over)**

## INDIANA FITNESS CLUB FACILITY RULES

1. \_\_\_ **Members are required to check in at the Member Services desk for each visit to the club. All members must present and scan their own valid key tag.**
2. \_\_\_ If you let someone else use your membership, your membership will be terminated without a refund.
3. \_\_\_ **All equipment handles, seats, and/or control panels must be sanitized after each use. Please spray a towel with disinfectant and wipe down the machine or equipment used – DO NOT spray the cardio equipment control panels directly.**
4. \_\_\_ Members are required to re-rack weights, plates, and dumbbells in appropriate racks. Please do not over stack weights.
5. \_\_\_ **Use extreme caution when lifting weights to avoid potential injury to yourself or others. Top loading additional weights onto weight stack machines is unsafe and is prohibited.**
6. \_\_\_ Proper gym attire is required - athletic shoes, T-shirt, shorts, or sweat pants. No jeans, sandals, open toe shoes or boots. Muddy shoes are not allowed. Shirts and shoes must be worn at all times except in locker rooms.
7. \_\_\_ **Locks must be removed from lockers daily unless you are renting a locker. All locks left on unrented lockers will be removed.**
8. \_\_\_ No children under 12 are allowed on the workout floor at any time. Children ages 12-15 must be accompanied by a parent or guardian at all times.
9. \_\_\_ **Indiana Fitness Club is not responsible for any damages or theft that may occur in the parking lot.**
10. \_\_\_ Indiana Fitness Club is not responsible for any lost or stolen items.
11. \_\_\_ **For safety reasons, all personal items including bags must be left in the locker room and are not allowed on the workout floor.**
12. \_\_\_ No food is allowed on the workout floor. Closed container beverages are allowed. Glass bottles are prohibited.
13. \_\_\_ **All membership sales are final. No refunds on memberships or packages will be provided.**
14. \_\_\_ For security reasons, this facility is monitored by video surveillance at all times.
15. \_\_\_ **Please report any equipment malfunctions or other maintenance needed to the front desk.**
16. \_\_\_ Report injuries immediately to the front desk attendant.
17. \_\_\_ **The club reserves the right to refuse service to any member who violates any rule or regulation, or who engages in any verbal and/or physical abuse of the fitness club staff or members, as well as any member who has been advised by a medical professional to limit or avoid physical activity in any way.**
18. \_\_\_ I certify that I have not been advised by a medical professional to avoid physical activity at this time.
19. \_\_\_ **No member including those who are certified personal trainers are permitted to train friends or clients at IFC without approval.**
20. \_\_\_ Any formal problems, questions, or concerns regarding Indiana Fitness Club can be submitted via e-mail to [info@indianafitnessclub.com](mailto:info@indianafitnessclub.com). Please clearly indicate the issue being addressed, and be sure to include your name and phone number. All emails will be carefully reviewed.

**By signing this, you agree to the terms and conditions of Indiana Fitness Club. Violation of these terms and conditions may result in termination of your membership without refund.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print \_\_\_\_\_