

Rocky Hill Senior Fitness Center

Membership Procedures

We are pleased to help you take the first step towards making a healthy lifestyle change. We hope the Fitness Center can help increase your confidence, make you feel younger, more energetic, and give you a feeling of accomplishment!

To become a member of the Rocky Hill Senior Fitness Center you will need the following:

- Be a member of the Senior Center.
- Have your physician complete a Medical Approval Form.
- Complete a Health History Questionnaire.
- Sign a Liability Release Form.

Once the completed forms and payment is received, you will be able to schedule a **Fitness Orientation**. The orientation will be with a Personal Trainer. The Trainer will introduce you to the Fitness Center; explain the use of an exercise card; show you how to use the equipment, and take you through your first workout.

We look forward to working with you!

Policies

1. Participants must have their medical approval form, health history questionnaire/release of waiver/informed consent and fitness orientation completed before they start exercising.
2. Individuals must follow the rules of exercising safe and effectively, as explained during their fitness orientation.
3. Members must refrain from wearing perfumes and/or colognes while exercising.
4. Members must wear athletic footwear to use fitness equipment.
5. There is a 30 minutes time limit on cardio equipment, unless no one else is waiting.
6. Volunteers will be provided in the fitness center periodically in the absence of the Fitness Trainer. Volunteers are not responsible for fitness training or assistance with the equipment.
7. The Rocky Hill Senior Center reserves the right to revoke membership at any time if it is determined that participation is detrimental to the well being of the participant or other fitness center members or if the participant is not following safety polices and rules.

Printed Name: _____

Signature: _____ Date: _____