



FLOODWOOD FITNESS CENTER

Floodwood Fitness Center
ISD 698
115 West Fourth Avenue
Floodwood, MN 55736
218-476-2285

Membership Application and Agreement

MEMBERSHIP KEY CARD # _____

Member Name: _____ Member DOB: _____

Address: _____

Email: _____ Phone Number: _____

Fitness Center Membership

Walking Membership

Start Date: _____

Informed Consent and Release of Liability

I wish to enroll as a member of the Floodwood Fitness Center located at 115 West Fourth Ave, Floodwood, MN. I agree to comply with the terms and conditions set forth by this contract, and also any conditions set forth in the fitness center rules and regulations and general information and procedures. I agree to pay membership fees when due provided by this agreement. Membership fees must be prepaid before a member is able to gain access to the facility. I understand that my visits to the fitness center will be recorded by my swipe card and that the fitness center is monitored with video surveillance.

I understand that the forgoing fees entitle me to access the Floodwood Fitness Center during established hours at my own risk. I understand that I am responsible for the use of my swipe card and agree to follow the rules and regulations or face revocation of privileges. I understand I am only permitted to be in the fitness center, restrooms by the north hall and utilization of the hallways for fitness purposes. I may not enter any other spaces, including but not limited to classroom, gyms, etc.

I understand that it is my responsibility to consult with my physician regarding my fitness program participation.

I understand that there are possibilities of injury or other complications, including, but not limited to: musculoskeletal injuries, cardiovascular trauma, neurological impairment, heart attack, and even death which may occur while using the Floodwood Fitness Center. I voluntarily assume all risks associated with my participation in the health and fitness center program. I understand and acknowledge that it is my responsibility not to exceed the guidelines for me that have been established individually with my physician.

I understand that use of the Floodwood Fitness Center is strictly voluntary and I may discontinue my participation at any time. My discontinuation is not refundable, however. I further understand that the Floodwood Fitness Center may revoke my privileges to use the center at any time, at it's sole discretion. I agree to be bound by and obey all the outlined rules in my use of the facility.

In consideration of being allowed to use the Floodwood Fitness Center exercise facility, I hereby covenant not to sue and to release assigns form any and all claims resulting from ordinary negligence, demands, actions, or causes of action whatsoever, and from any and all liability for any loss of property damage or personal injury of any kinds, nature, or description, including death, that may arise or be sustained by me during or related to my use of the Floodwood Fitness Center. This release shall be binding upon my heirs, administrators, executors and assignees.

I represent that I have read and understood this Informed Consent and Release of Liability and acknowledge that this release is being relied on by the Floodwood Fitness Center in permitting me to use facilities.

Member Signature _____ Date _____

OFFICE USE: Paid \$ _____ Cash or Check



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FITNESS CENTER RULES AND REGULATIONS

Read and initial all

1. All membership dues must be paid in advance and on time. ____
2. Membership is not transferable to others. ____
3. Only fitness center card holders are allowed in the fitness center. ____
4. Children between the ages of 13 and 18 may use the fitness center outside of school hours if they are accompanied by a current fitness center member who is responsible for the child. ____
5. No children under the age of 13 are allowed in the fitness center ANY TIME. ____
6. The Floodwood School is not responsible for any lost or stolen property when using the fitness center. Do not leave valuables unattended when using the fitness center.
7. Your valid membership card must be with you at all times when you are using the fitness center. ____
8. Anyone using the fitness center without checking in properly or allowing access to non-members of the facility will have their membership suspended and their membership fees forfeited. ____
9. The Floodwood Fitness Center may only be used during the established hours of operation. ____
10. You must be post-high school-aged and 18 years or older to join. No children under the age of 13 are allowed in the fitness center. ____
11. If you have a medical condition inhibiting exercise, you will take the necessary precautions and assume any and all risks. ____
12. Exercise is voluntary performed at your own risk. ____
13. If you should incur an injury at the Floodwood Fitness Center, you acknowledge that it is your responsibility to seek appropriate care and that the school will not be held liable. ____
14. No food or drinks other than water may be taken into the fitness center. ____
15. Pants/shorts, socks, shoes and shirt must be worn at all time. Changing should occur in the restrooms, not the fitness center. ____
16. Street shoes must be removed before using any fitness equipment and only tennis shoes should be worn. ____
17. If others are waiting to use equipment, please limit your time on any one piece of equipment to no more than 30 minutes. ____
18. All equipment should be wiped down after use. ____
19. You agree to use the equipment as it is intended and instructed. If you misuse the equipment and damage it, you will be responsible for the cost of the repair. ____
20. If a piece of equipment malfunctions, you will put an available "Out of Order" sign on it and will not attempt to use it or repair it yourself. ____
21. You agree to return your membership access card after your membership has expired. The cost to replace a lost or damaged access card is \$10.00. You acknowledge that you will not share your membership card with any person at any time. ____
22. If you chose to have a guest join you, buddy passes will be purchased ahead of time from the office. ____
23. You acknowledge that your membership may be revoked and no refunds issued as a penalty for breaking the rules. ____

Member Name Printed

Date

Member Signature