

ENROLLMENT TERMS FOR MEMBERSHIP AT LIFESTYLE CENTRE:

Please answer the questions below to determine if you would need to have an Entry Evaluation.

1. Are you only interested in the pool?	YES	If yes, you wouldn't need an Entry Evaluation.
	NO	If no, continue to question 2.
2. Do you have experience working out?	YES	If yes, continue to question 4.
	NO	If no, continue to question 3.
3. Do you feel comfortable using exercise equipment?	YES	If yes, continue to question 4.
	NO	If no, you would probably need an Entry Evaluation.
4. Would you feel more comfortable if a fitness specialist showed you how to use the exercise equipment?	YES	If yes, you would need to schedule your Entry Evaluation.
	NO	If no, you would not need to schedule your Entry Evaluation, unless you have "risk factors" which would be determined below.

Please check all that apply for your safety:

Y	N	
		1. I am new to exercise and have been diagnosed with one or more of the following diseases- cardiovascular, metabolic (diabetes I or II) or renal disease (kidney).
		2. I currently have or recently have had symptoms of cardiovascular, metabolic or renal disease, such as (Please check any or all that apply)
		Chest, jaw or neck pain
		Shortness of breath with mild exertion
		Shortness of breath or difficulty breathing while laying down or at night
		Dizziness or passing out
		Ankle Swelling
		Heart bypass surgery or stent placement
		Fast or irregular heart beat
		A heart murmur
		Unusual fatigue with usual activities
		Diabetic symptoms- feeling very thirsty, blurry vision, urinating often, weight loss- even though you are eating more, extreme fatigues, tingling pin or numbness in hands or feeling
		Renal symptoms- Tired and less energy, poor appetite, trouble sleeping, muscle cramps at night, dry itchy skin, urinate more often especially at night

I have answered truthfully and honestly. _____ (Please Initial)

If you said **YES** to either of the above statements, medical clearance will be required prior to starting exercise.

TERMINATION

To terminate a membership, the member is required to:

1. Give a 30 day notice by submitting a termination form to the LifeStyle Centre
2. Have an account balance of \$0.00
3. Return membership badge.

PLEASE READ CAREFULLY BELOW
The "Membership Resignation" form, <i>available at the front desk</i> , must be received by the business office. Terminations will NOT be accepted over the phone.
<ul style="list-style-type: none"> • A termination form must be filled out for each individual membership. (If there are two people on a membership and <u>both</u> individuals wish to resign, two forms would need to be submitted.) • LifeStyle Centre monthly dues are due upon receipt of monthly statement and will be discontinued once unpaid balance reaches \$250. To reinstate balance must be zero. • Reinstatement will require new enrollment for membership, payment of the entry fee currently in effect, and payment of all past due charges. Reinstatements within a year will be charged \$25 for each individual. • All payments are non-refundable and non-transferable regardless of facility usage. <u>THE LIFESTYLE CENTRE IS NOT RESPONSIBLE TO REFUND ANY CHARGES IF A MEMBER DOES NOT MAKE A VISIT THROUGHOUT THE ENTIRE MONTH.</u>

This application is subject to approval, in the sole discretion of The LifeStyle Centre. The Centre does not discriminate on the basis of race, color, religion, national or ethnic origin, gender, age or other protected class.

Please initial to agree to the following terms.

I, _____ attest that the information contained in this application is complete and accurate.

I further agree to the following:

_____ Membership is a privilege and not a right.

_____ My application is subject to approval, in the sole discretion of LifeStyle Centre and that membership, among other things, may be based on: complete and accurate information, membership terms and Rules of Centre.

_____ I understand and agree to all the terms of The Lifestyle Centre's termination policy.

_____ I must at all times comply with the Rules of the Centre which may change from time to time.

_____ My failure to abide by the Rules shall be cause for suspension or termination of membership. In the event of suspension or termination of membership with cause, dues will be forfeited.

_____ The fees for membership at the LifeStyle Centre include monthly installments of \$_____.

_____ The fee for _____ at the LifeStyle Centre is _____ for _____, totaling _____.

_____ The initial Member Orientation will be a \$20.00 one-time fee.

I AGREE AND ABIDE BY THE RULES AND REGULATIONS THAT ARE ADOPTED BY THE LIFESTYLE CENTER. I HEREBY ACKNOWLEDGE THAT I HAVE BEEN PROVIDED WITH A COPY OF ALL RULES AND REGULATIONS OF THE LIFESTYLE CENTRE AND THAT ALL INFORMATION PROVIDED BY ME IS ACCURATE. I HAVE READ AND UNDERSTAN THE PROCEDING PRIOR TO SIGNING AND AGREE TO ALL TERMS OUTLINED ABOVE.

CONSENT, RELEASE, WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

I UNDERSTAND AND AGREE THAT THE EXERCISE OPPORTUNITIES OFFERED THROUGH THE FACILITIES OF THE LIFESTYLE CENTRE (THE CENTRE) ALLOWS A PERSON TO ENGAGE IN VARIOUS EXERCISE AND/OR PHYSICAL ACTIVITIES POTENTIALLY BENEFICIAL TO ONE'S HEALTH AND WELL BEING.

HOWEVER, I RECOGNIZE AND UNDERSTAND THAT THERE ARE INHERENT RISKS OF VARIOUS PHYSICAL AND1 MENTAL CONDITIONS, ILLNESS AND/OR INJURIES ASSOCIATED WITH:(a) engaging in any exercise or physical activity (b) the use of equipment at the CENTRE, and/or (c) the use of the CENTRE'S facilities. I RECOGNIZE AND UNDERSTAND SUCH RISKS INCLUDE ANY AND ALL TYPES OF PHYSICAL INJURIES, PHYSICAL AND MENTAL CONDITIONS AND/OR ILLNESS INCLUDING, BUT NOT LIMITED TO, SPRAINS, STRAINS, BROKEN BONES, CONCUSSIONS, LACERATIONS, ABNORMAL BLOOD PRESSURE, HEART BEAT DISORDERS, FAINTING, SHORTNESS OF BREATH, CHEST PAIN, STROKES, HEART ATTACK OR EVEN DEATH.

I FURTHER RECOGNIZE AND UNDERSTAND THAT ANY AND ALL SUCH RISKS ARE COMPOUNDED, IN THAT MANY OF THE EXERCISE AND/OR PHYSICAL ACTIVITY OPPORTUNITIES OF THE CENTRE ARE UNSUPERVISED INCLUDING, BUT NOT LIMITED TO, USE OF ITS RUNNING TRACK, USE OF ITS GYM, USE OF ITS POOLS, AND/OR ALL TYPES OF EXERCISE EQUIPMENT, AND/OR USE OF ITS LOCKER ROOMS, DRESSING ROOMS, SHOWERS AND SAUNA. I HEREBY AGREE AND CONSENT TO VOLUNTARILY ENGAGE IN ANY AND ALL EXERCISE AND PHYSICAL ACTIVITY OPPORTUNITIES, SUPERVISED OR UNSUPERVISED, AT THE CENTRE, TO VOLUNTARILY USE THE CENTRE'S EXERCISE EQUIPMENT, AND TO VOLUNTARILY USE THE CENTRE'S FACILITIES AT MY OWN RISK AND WITH FULL KNOWLEDGE AND APPRECIATION OF ANY AND ALL DANGERS AND RISKS INHERENT THEREIN.

I HEREBY ASSUME FULL RESPONSIBILITY FOR ANY AND ALL RISKS OF ANY BODILY INJURY, ILLNESS, DEATH AND/ OR PROPERTY DAMAGE OR LOSS SUFFERED BY ME.

I HEREBY RELEASE, WAIVE, AND FOREVER, DISCHARGE AND/OR PROMISE NOT TO SUE THE CENTRE, COVENANT MEDICAL CENTER, COVENANT HEALTH SYSTEM, AND/OR ANY OF ITS AFFILIATES AND SUCCESSORS, DIRECTORS, OFFICERS, AGENTS, SERVANTS, AND/OR THEIR EMPLOYEES FOR ANY AND ALL LOSS, LIABILITY, DAMAGE OR COST AND/OR ANY CLAIM OR DEMANDS OF ANY TYPE, KNOWN OR UNKNOWN, ON ACCOUNT OR OF IN ANY WAY RELATED TO ANY ILLNESS, CONDITION, AND/OR INJURY TO MY PERSON OR PROPERTY, OR WHICH MAY RESULT IN MY DEATH.

I HEREBY AGREE TO INDEMNIFY AND HOLD HARMLESS THE CENTRE, COVENANT MEDICAL CENTER, COVENANT HEALTH SYSTEM, ANO/OR ANY OF ITS AFFILIATES AND SUCCESSORS, DIRECTORS, OFFICERS, AGENTS, SERVANTS, AND/OR THEIR EMPLOYEES FOR ANY AND ALL LOSS, LIABILITY, DAMAGE OR COST OF ANY TYPE WHICH MAY INCUR AS A RESULT OF OR RELATED TO ANY ILLNESS, CONDITION, AND/OR INJURY TO MY PERSON OR PROPERTY, OR WHICH MAY RESULT IN MY DEATH, AND/OR AS A RESULT OF ENGAGING IN ANY EXERCISE AND ACTIVITY OPPORTUNITIES AT THE CENTRE, AND ANY USE OF THE CENTRE'S EQUIPMENT AND/OR ANY USE OF THE CENTRE'S FACILITIES.

I FURTHER HEREBY ACKNOWLEDGE THE EXISTENCE OF, THE NEED FOR, AND MY UNDERSTANDING OF, CERTAIN RULES AND REGULATIONS CONCERNING THE USE OF THE CENTRE'S EQUIPMENT, FACILITIES, AND OTHER PROCEDURES RELATED TO ACTIVITIES AT THE CENTRE. I, THEREFORE, AGREE TO ABIDE BY ANY AND ALL SUCH RULES ADOPTED BY THE CENTRE.

I HEREBY ACKNOWLEDGE THAT I HAVE READ THE PRECEDING PRIOR TO SIGNING, AND UNDERSTAND THAT I AM EXECUTING A CONSENT, RELEASE, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT.

Member Signature

Date

Lifestyle Centre Representative

Date