



## ***Oxford Parks & Recreation Department***

### ***Fit After 50 Workout Center***

#### ***Membership Packet***

The Fit After 50 (FA50) Workout Center Regulations have been established to make it possible for you to use the facility and equipment in a comfortable, fun, and safe environment.

#### **Eligibility:**

- 1) Residents who are age 50 and older are eligible for membership. Both City and non-City residents are eligible, with a small adjustment in fees for use.

#### **Membership:**

- 1) Membership is offered on a monthly or annual cycle. No refunds are given for partial periods.
- 2) Membership will entitle the member to full access of the space during operating hours and a 10% discount on all other fitness programs offered by the department. This does not include athletic programs.
- 3) Members will receive an access card upon registration. Replacement cards may be obtained for \$5.00.





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### ***Fit After 50 Workout Center Rules:***

- 1) All members must sign up for membership, complete all required paperwork and attend an orientation session with staff prior to using the FA50 Workout Center.
- 2) Appropriate attire is required during workouts. Tennis or athletic shoes are required. NO OPEN TOE SHOES ARE PERMITTED. Sweats or loose clothing is encouraged. Please bring a towel to wipe perspiration.
- 3) Every member must sign in and out when they visit the Workout Center. This information will allow us to track data for usage that will enable us to monitor equipment use for maintenance requirements. This is vital to the continued functionality of the Workout Center.
- 4) Do not use any equipment that you have questions about or are unsure of how to operate it safely.
- 5) Do not use any equipment that has been marked "Under Maintenance – Do Not Use".
- 6) No food or drink is allowed except water.
- 7) Members are asked to wipe down equipment after use with provided supplies.
- 8) All equipment is limited to 20 minutes when others are waiting.
- 9) FA50 Workout Center is not responsible for lost, damaged, or stolen personal property.
- 10) As a courtesy to other guests, we ask you please turn off all cell phones while in the Workout Center.
- 11) To adjust the television channel, please locate a staff or volunteer.





***Oxford Parks & Recreation Department***

***Fit After 50 Workout Center Membership Agreement***

***Name:*** \_\_\_\_\_ ***Birthdate*** \_\_\_\_\_

***Address:*** \_\_\_\_\_

***Home Phone*** \_\_\_\_\_ ***Cell Phone*** \_\_\_\_\_

***Membership Type: Monthly*** \_\_\_\_ ***Annual*** \_\_\_\_ ***Resident*** \_\_\_\_ ***Non*** \_\_\_\_

***Access Number*** \_\_\_\_\_

- 1) **Representation of Health Condition:** Member hereby represents that he/she has the necessary current medical approval to utilize the facilities, equipment and/or participate in related fitness exercise programming. The FA50 Workout Center is relying on this representation.
- 2) **Rules of the Fitness Center:** Member understands that the Workout Center must establish and maintain rules for use to make it possible for all Members to exercise safely and comfortably. Member hereby represents he/she has reviewed and agrees to the FA50 Workout Center Rules and any additions or changes that may be posted at a later time in the center.
- 3) **Fitness Center Orientation:** Member agrees to be oriented and trained on the use of the equipment at the Workout Center before he/she uses the equipment.

- 4) **Waiver:** Full “Release and Waiver of Liability” is attached and must be signed by the Member in addition to this Agreement.
- 5) **Enforcement:** If any legal action is required to enforce the terms of this Agreement, the prevailing party shall be entitled to reasonable attorney’s fees in addition to any other relief to which he or she may be entitled.
- 6) **Severability:** If any part, portion, or provision of this agreement shall be held invalid, void or inoperative, that part, portion or provision shall be deemed excluded from this contract and the remainder of the contract shall remain in full force and effect.
- 7) **Entire Agreement:** Member and City of Oxford acknowledge that this Agreement, including any rule either included with this document or posted, constitutes the entire understanding of the parties, and the City of Oxford has made no implied warranties or representations other than those set forth herein to induce Member to enter this contract. No modification is valid unless signed by both parties. Any discussions, agreements, and/or understandings not stated in this document are not part of the Agreement herein.

I have read and understood the terms and conditions for membership as stated in this Agreement and hereby agree to comply with all of the above. I am aware that this Agreement contains a release of liability. I understand this is a contract and I sign it of my own free will. My signature on this contract, as well as my use of the facilities, further acknowledges my acceptance of the statements within this contract.

Printed Name \_\_\_\_\_

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

# OXFORD PARKS & RECREATION

## RELEASE AND WAIVER OF LIABILITY

### Physical Activity

As a participant in an Adult Fitness Program located at the Hix Gymnasium, I hereby understand that it is my responsibility to get proper medical approval from a certified physician before using any of the fitness room equipment or participating in any of the exercise programs. I hereby affirm that I am in good physical condition, and do not suffer from any disability that would limit or prevent my using any of the fitness room equipment.

I, \_\_\_\_\_ hereby waive and agree to hold harmless the City of Oxford against any and all claims, demands and causes of action that I might have or assert against the City of Oxford, its employees, agents, representatives, including volunteers, arising from my use of the fitness room equipment. I assume all risks involved in using the equipment, and I acknowledge and recognize the risks involved and the possibility that I may injure myself as a result of using the equipment. As a participant, I agree to take full responsibility and liability for any temporary or permanent bodily injury/damage that may happen to me while using the fitness room now and in the future including but not limited to, heart attacks, muscle strains, pulls or tears, broken bones or soreness caused during and after using the fitness room equipment. In consideration of the acceptance of this form, I hereby agree to release and forever hold harmless the City of Oxford, its employees, agents, representatives, including volunteers, from any and all liability due to injury that may result from my participation in an Adult Fitness Program.

I certify that I am at least **18 years of age** and that I have read and understand the above.

\_\_\_\_\_

\_\_\_\_\_

**Participant's Signature**

**Date**

**Emergency contact information: (PLEASE PRINT CLEARLY)**

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

Phone: \_\_\_\_\_

*\*\*Please note that this waiver is valid for a period of 1 year and will need to be renewed at the end of that time.\*\**

**For Staff Use Only:**

Expires: \_\_\_\_\_ Staff Initials: \_\_\_\_\_