

JEFFERSON HOSPITAL

WELLNESS CENTER

RULES, REGULATIONS & POLICIES

Signing In: All members are required to sign in at the counter upon entering the premises making sure to print their full name clearly.

Guest Privileges: Members are invited to bring friends to the center without cost or obligation however the same person may not come in as a guest more than one time in any 12 month period. All guest must register with the attending supervisor. Guest must be over the age of 18 identification may be required to verify.

Dress Code: For men sweatpants, sweatshirts and t-shirts are acceptable. Shorts should be to the knee and properly fitting. Swimsuits are not permitted. Gym shoes must be worn at all times.

For women slacks or tights that do not restrict freedom of movement are acceptable. Shorts are permissible but no short shorts or loose fitting shorts. Swimsuits are not permitted. Gym shoes must be worn at all times.

General Behavior: No tobacco or tobacco products, profanity or unreasonable conduct of any kind will be allowed on the premises. No eating or drinking allowed in exercise area. No personal radios or cell phones will be allowed in the Center except personal headphones. TVs and radios provided by the Center must be kept at a low, reasonable volume.

Violation of these rules will subject the violator to suspension of membership and forfeiture of any dues paid.

Use of Facilities by Members: It is expressly agreed that all exercises and treatments and use of facilities shall be undertaken at the members own risk and the member represents that he/she is physically able to undertake any and all physical exercises and treatments provided by the Center. The Center shall not be held liable for claims, demands, injuries, damages, actions or causes of actions and from all facts of active or passive negligence on the part of such companies, corporations, clubs, studies their agents or employees. In case of any accident the member agrees and concedes that he/she will be examined at their expense by a licensed physician who shall report in writing to both parties.

Medical Analysis: Members stipulate that they are physically sound enough to proceed with normal exercise.

Damage to Facilities: Members agree to pay an extra charge for any careless use of equipment, dropping of weights etc. Should the Center be closed and unavailable for members use due to the damage of fire, catastrophe, accident or act of God or any other reason at the option of the management, members membership time will be extended for a period equal to the time of such unavailability.

Membership Fees: Membership fees are required when joining and are due each month thereafter on the date that the member joined. Due dates are not reset due to late payments. Memberships will be cancelled until monthly fees are paid up to date. Memberships are not transferable and no funds are refundable.

It is further agreed that all regulations, policies, facilities, services, hours, and rates are subject to change without notice at the sole discretion of the Center. Any such change does not affect this contract nor release a member of any obligation under the contract.

Signed: _____ Date: _____