



Lutheran Senior Services (DB)
CORPORATE MEMBERSHIP AGREEMENT

PLEASE RETURN COMPLETED AGREEMENT TO: Human Resources Representative

ARE YOU A CURRENT CLUB FITNESS MEMBER? Yes No

DATE: _____ EMPLOYEE ID NUMBER _____

NAME: _____ BIRTHDATE: _____ GENDER: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PRIMARY CONTACT NUMBER: _____ EMAIL: _____

EMERGENCY CONTACT NAME: _____ EMERGENCY CONTACT NUMBER: _____

Family Add-On #1: _____	Existing Member? <input type="checkbox"/> Yes <input type="checkbox"/> No	Birthdate: _____	M or F
Family Add-On #2: _____	Existing Member? <input type="checkbox"/> Yes <input type="checkbox"/> No	Birthdate: _____	M or F
Family Add-On #3: _____	Existing Member? <input type="checkbox"/> Yes <input type="checkbox"/> No	Birthdate: _____	M or F
Family Add-On #4: _____	Existing Member? <input type="checkbox"/> Yes <input type="checkbox"/> No	Birthdate: _____	M or F

MEMBERSHIP TYPE: CORPORATE FULL ACCESS DB
(YOUR MEMBERSHIP INCLUDES ACCESS TO ALL 24 LOCATIONS AND ALL AMENITIES)

MEMBERSHIP DETAILS:

Primary Member: _____	\$17.99 monthly	Family Add-Ons: (Per Person) _____	\$17.99 monthly	MEMBERSHIP TERM: _____	No Contract
Annual Fee: _____	\$0	ENROLLMENT FEE: _____	\$0	PROCESSING FEE: (PER PERSON) _____	\$0

IMPORTANT: ALL MEMBERS ARE REQUIRED TO SIGN A '24 HOUR ACCESS NOTICE OF WAIVER AND RELEASE' FORM, PAGE 2).



WAIVER AND RELEASE OF LIABILITY

By signing Agreement, you are obtaining membership at a fitness club that allows 24 hour access. Accordingly, you understand and agree that, during non-business hours, there may be no supervision or assistance at the fitness club.

You are also aware that if you are injured, become unconscious, suffer a stroke or heart attack, that there may be no staff available to respond to your emergency and this facility has no duty to provide assistance to you during non-business hours. Even though this facility is equipped with surveillance cameras, it is likely that should you require immediate assistance, none will be provided. Although we highly recommend that you have a workout partner accompany you while at the fitness club, you agree that you are aware of the risks and assume the same.

You understand and agree that physical exercise can be strenuous and subject to risk of serious injury. Club Fitness urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (and each member, guest, or participant) agree that if you engage in any physical exercise or activity or use any Club Fitness amenity, including any sponsored club event, you do so entirely at your own risk. You agree that you are voluntarily participating in the use of a Club Fitness facility and assume all risks of personal, bodily, or mental injury, illness, or death, regardless of the fault or negligence of Club Fitness. Club Fitness is not responsible for any loss or damage to your personal property. WAIVER AND RELEASE OF LIABILITY:

YOU ARE AWARE AND UNDERSTAND THAT THE ACTIVITIES PROVIDED FOR UNDER THIS AGREEMENT ARE DANGEROUS ACTIVITIES AND INVOLVE THE RISK OF SERIOUS INJURY AND/OR DEATH AND/OR PROPERTY DAMAGE. YOU ACKNOWLEDGE THAT ANY INJURIES THAT YOU SUSTAIN MAY BE COMPOUNDED BY LACK OF TIMELY AFTER-HOURS EMERGENCY RESPONSE OR RESCUE OPERATIONS. YOU ACKNOWLEDGE THAT YOU ARE VOLUNTARILY PARTICIPATING IN THE ACTIVITIES WITH KNOWLEDGE OF THE DANGER INVOLVED AND HEREBY AGREE TO ACCEPT AND ASSUME ANY AND ALL RISKS OF INJURY, DEATH, OR PROPERTY DAMAGE, WHETHER CAUSED BY THE NEGLIGENCE OR FAULT OF CLUB FITNESS OR OTHERWISE.

You hereby expressly waive and release any and all claims, now known or hereafter known, against Club Fitness, and its officers, directors, employees, agents, Affiliates, shareholders, successors, and assigns (collectively, "Releasees"), on account of injury, death, or property damage arising out of or attributable to your participation in any activity under this Agreement, whether arising out of the negligence or fault of Club Fitness or any Releasees or otherwise. You covenant not to make or bring any such claim against Club Fitness or any other Releasee, and forever release and discharge Club Fitness and all other Releasees from liability under such claims.

This waiver and release of liability includes, without limitation, all injuries which may occur, regardless of fault or negligence occasioned by Club Fitness or as a result of: (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction, (b) the sudden and unforeseen malfunctioning of any equipment and (c) your slipping and/or falling while in the fitness club, or on the fitness club premises, including adjacent sidewalks and parking areas.

You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability. You expressly agree to release and discharge the fitness club, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the fitness club for negligence, personal injury or property damage.

You understand and agree that if you are found letting in another person into the facility- regardless of that person's membership status - you will be assessed a \$10 guest fee to be automatically billed to your account for each incidence.

Should any part of this agreement be found by a court of law to be against public policy or in violation of any state statute or case precedence, then only that wording shall be deemed removed, and the remainder of this Agreement will remain in full force.

You acknowledge that if Club Fitness employees or contractors assist Member in the use of any equipment or exercises, that Member may be physically touched as part of such assistance, and Member consents to such touching and waives any claim in connection with such touching.

You understand that should your card not grant access to the facility after staffed hours that you must contact Club Fitness during regular business hours to update your billing information and/or pay any past due balance that may exist. You further understand that "non-payment" of membership fees does not terminate your membership. I HAVE READ AND AGREED TO THE TERMS AND CONDITIONS SET FORTH ABOVE, INCLUDING, BUT NOT LIMITED TO THE WAIVER AND RELEASE OF LIABILITY.

Member Signature: _____ Date: _____ Print Member Name: _____

Cosigner Signature, if applicable: _____ Date: _____ Print Cosigner, if applicable: _____



Fitness Club and Equipment Use Policies

Club Fitness offers its members many different types of facilities and equipment to help you accomplish your fitness goals. When you complete your complementary fitness orientation with one of Club Fitness's personal trainers, you will better understand how each piece of equipment works, and what to do if you are unsure how to work a piece of equipment. If you have any questions about a particular piece of equipment, please ask a staff member before using the equipment. Below is a general, nonexhaustive list of guidelines about the equipment:

Cardiovascular Equipment

Treadmills - Treadmills use a belt driven by an internal motor so that you may walk or run in place. Prior to beginning a workout on a treadmill:

- Make sure the treadmill belt is in a stationary position.**
- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.**
- Make sure treadmill is plugged in and the display is lit.**
- Before starting a treadmill workout straddle the belt and begin programming the treadmill.**
- Let the belt come to a complete stop before getting off treadmill.**

Bikes - Bikes (both upright and recumbent) work when you begin to pedal. Prior to beginning a workout on a bike:

- Adjust your seat to the proper position.**
- Use the foot straps to prevent slipping.**
- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.**

Ellipticals - Ellipticals work when you begin to pedal. Before beginning a workout on an elliptical:

- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.**
- Keep both feet on pedals while using.**
- Make sure pedals come to a complete stop before dismounting.**

Strength Equipment

All strength equipment is designed to perform basic movements. Always adjust the equipment for your size and range of movement. Before beginning a workout with the strength equipment:

- Adjust the seat to the appropriate level for you.**
- Adjust to a weight that is appropriate for your fitness level.**
- Secure all loose clothing, personal stereos, and dangling jewelry.**
- Abide by all cautions and warning posted on the equipment.**
- Keep hands and feet away from weight stacks, moving parts, and cables while in motion. Use appropriate hand and foot grips.**
- Always use proper form to lift weights.**
- Do not use any equipment that appears to be malfunctioning.**
- Never try to adjust or modify the equipment with extra weight, cables, or anything else.**

Free Weights

Free weights are an advanced form of exercise designed to give you total range of motion in an exercise. The term 'free weight' refers to the dumbbells, barbells, weight plates, or racks. Prior to starting a workout with free weights:

- Secure all loose clothing, personal stereos, and dangling jewelry.
- Adjust the weights to your appropriate level.
- Abide by all posted cautions and warning on the equipment.
- NEVER sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- Always lift with a spotter (someone who is able to assist you with the weight).
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If you are lifting alone and during non-staffed hours, never try to lift free weights on a bench.

- NEVER drop or throw weights. Use appropriate bar racks and standards.
- Always replace weights when finished. Weights on the floor present a tripping hazard.

Security

The building and club premises are under 24-hour video surveillance. Whether you are working out, moving throughout the building, or entering/leaving the building, your activities are recorded. This video system is used for security purposes. The surveillance system does not protect you from harm on the building premises. You must use caution when entering or leaving the building. A courtesy telephone is available. Never allow access to individuals who knock on the door; doing so may put you at risk for injury or harm, and could result in the loss of your membership

privileges. There are mobile safety buttons available for you to wear. These are designed to signal authorities in the event you feel either threatened or are in need of medical help.

Restrooms

The restrooms have a door lock that should be used when you enter the restroom.

Injury and First Aid

In the event that you or another individual becomes injured:

- For serious injuries that need medical treatment, dial 911 from the courtesy phone or press the red emergency button hanging near the water fountain or the buttons on the mobile security devices.
- A basic medical supply box is available at the front desk.

Contact a staff member or call (636) 928-0968 and leave a message to report any injury.

Power Outage

There is a failsafe on the door to the fitness club which will allow you to exit the fitness club during a power outage. There are also emergency exit lights allowing you to see in case of a power outage. You will not be able to enter the fitness club during a power outage.

Dress Code

- Athletic workout clothing is required (this includes a shirt).
- No Jeans are allowed in work out areas
- Athletic shoes only. No sandals, flip-flops, boots, work boots or bare feet are allowed in work out areas.
- Vulgar or offensive clothing will not be allowed.

Gym Etiquette requirements

- A sweat towel is required to wipe off any machines
- Being courteous and respectful to other members, staff and contractors at all times.
- Dropping or slamming weights is prohibited
- No gym bags are allowed on the floor
- Re-racking all weights when you are finished using them
- Firearms or weapons are not allowed in our facilities unless you are a law enforcement officer
- You are prohibited from bringing in your own equipment to use on the gym floor
- You are prohibited from using chalk
- Refrain from having conversations on a cell phone while on the floor working out
- No food is allowed to be on the floor in any exercise areas

Fire

In case of a fire, or if you smell or see smoke, exit the building immediately. Call 911 immediately from a cell phone or business nearby.

Entrance/Exit Doors

Members MUST use the member door to enter and exit the building. The back door/s will set off an alarm when opened. The guest entrance door will set off an alarm when the fitness club is not staffed.

Miscellaneous

This is only a general club policy description. You must follow any other instructions provided to you by a staff member or particular guidelines that may apply to certain Club Fitness locations. If you have any questions or concerns on how to use the equipment, please ask a trainer or a staff member, if available, or call (636) 928-0968. Do not use the equipment if you are not sure how to use it or if you have any other concerns.

By signing below, you acknowledge and agree that you understand this notice of how to use the equipment, as well as all exits and safety/security devices. You also have read and understand the above stated policies and procedures about Club Fitness's facilities and equipment and agree to abide by them. You understand the risks associated with using exercise equipment and exercising alone without the aid of a trainer or supervision and without the presence of Club Fitness staff on the premises.

Member Signature: _____ **Date:** _____

Print Member Name: _____

Cosigner Signature, if applicable: _____ **Date:** _____

Print Cosigner, if applicable: _____



Promotional Communication Authorization

You agree that by providing your telephone number and your signature below, that you authorize Club Fitness, Inc. and any of its parents, subsidiaries, agents, contractors, service providers and affiliates, including without limitation, ClubOS and Twilio to deliver or cause to be delivered to you at the provided telephone number, telemarketing, informational and transactional calls and text messages using an automatic telephone dialing system or an artificial or prerecorded voice. You also acknowledge and agree that you are not required to sign this agreement or enter into this agreement as a condition of purchasing any property, goods, or services from Club Fitness.

Print First and Last Name

Telephone Number

Signature