# Milton Fitness Room Membership Form

PLEASE PRINT

NAME: _____

First Middle Last

DATE OF BIRTH: _____/_____/_____ MALE: _____ FEMALE: _____

ADDRESS: _____

Do you live within City Limits? YES NO PHONE NUMBER: _____

EMAIL (optional): _____

How did you hear about the Milton Community Center fitness room? _____

_____

FITNESS ROOM REQUIREMENTS & REGULATIONS

- You must always wear your membership badge so it is visible to community center staff.
- All people using the fitness room will be required to sign in and out at the front desk. (Legal name must be used!)
- Proper exercise attire and athletic shoes are required
- No food or drinks are allowed in the fitness room – plastic water bottles are permitted
- Illegal substances including alcoholic beverages, tobacco produces, etc. are prohibited.
- Avoid making loud sounds (banging weights, yelling, dropping dumbbells, etc.
- Refrain from using loud, foul, slanderous, or confrontational language.
- Profanity, offensive language, and offensive behavior are prohibited.
- There is a 30 minute time limit on bikes and treadmills when others are waiting
- No radios, CD players, or iPods are allowed without headphones (must be turned down so no one else can hear).
- Must bring a workout towel and wipe off/sanitize equipment after each use
- Re-rack weights and return all other accessories to the proper locations.
- Please report any damages or equipment problems to a staff member as soon as possible.
- Any misconduct, carelessness, damage to equipment, or injuries must be immediately reported to a staff member as soon as possible.
- Abide by all rules listed here or posted in the building. Non-compliance with these rules may result in loss of fitness room privileges.
- MUST BE 18 YEARS OF AGE OR OLDER TO BE A MEMBER OF THE FITNESS ROOM.
- CHILDREN UNDER 18 ARE NOT ALLOWED TO ACCOMPANY ADULTS IN THE FITNESS ROOM (NO EXCEPTIONS).

I have read, understand and agree to the above rules, requirements and regulations for membership into the fitness room at the Guy Thompson Community Center.

_____ _____

Signature Date