

The Groton Center Fitness Center Registration

Hours: Monday – Friday 8:00am - 4:00pm

Name: _____

Address: _____

Date of Birth _____

Email: _____ Phone: _____

Emergency contact:

Name: _____ Phone: _____

Membership Fee: (please check one)

Groton residents: ___ \$30 for 6 months ___ \$50 for 12 months

Non- Residents ___ \$60 for 6 months ___ \$100 for 12 months

Payment: Cash _____ Check _____

Date: _____ Staff Initials: _____

Staff please date received the following for compliance:

_____ Physician's Medical Clearance: A signed Physician's Medical Clearance form is required before you can become a member of the fitness. This form is required to be renewed annually.

_____ Informed Consent: A signed Informed Consent to Participate form is required. Be sure to thoroughly read this form before you sign it.

_____ Required Orientation Session: A member must be able to safely operate the fitness equipment independently following a mandatory orientation session with a Council on Aging staff or volunteer. They will make the determination as to when the member is capable of using the equipment independently. The orientation sessions will include instruction on how to use the equipment properly and how to monitor yourself safely. This is important because you will be exercising in an unsupervised environment.

The Groton Center reserves the right to deny use of the fitness center for safety and/or health reasons.