

## The Groton Center Fitness Center

### Membership Agreement and Policies

1. The Fitness Center is available to Groton residents 50 and older and out of town resident 60 and older.
2. Memberships may be purchased for six- or twelve-month periods. Membership fees must be current in order to use the Fitness Center.

Groton residents:	6 Months	\$30
	12 Months	\$50
Non-residents 60 and older:	6 Months	\$60
	12 Months	\$100

In accordance with Massachusetts General Laws Chapter 93, sec. 82, this agreement may be canceled for a full refund within three (3) business days after signing.

3. ***The Fitness Center is an unsupervised center. Members develop their own exercise programs and use the equipment at their own risk.***
4. New Members must have a signed Physician's Medical Clearance form prior to using the Fitness Center. This form must be renewed annually.
5. New Members must attend an orientation session prior to using the Fitness Center equipment.
6. Members must follow all safety rules and procedures as explained in their orientation sessions.
7. Members must wear appropriate workout attire including sneakers or rubber soled shoes in the Fitness Center. *Members must change their shoes prior to entering the Fitness Center. Outside footwear is not permitted on the equipment.*
8. Members must wipe down equipment after use to be considerate to those who follow to reduce the spread of illness.
9. Food and beverage are not allowed in the Fitness Center except for water in bottles (not glass) or other spill-proof containers.
10. There is a 20-minute limit for using each piece of cardio equipment unless no one else is waiting.
11. The Senior Center reserves the right to revoke a membership at any time if it is determined that continuation by the participant is detrimental to him/herself or to others.

12. Members of the Fitness Center must fully understand and sign an Informed Consent to Participate form before being approved to use the Fitness Center.

13. In accordance with Massachusetts General Laws Chapter 93, Section 82, refunds will be given:

A. In the event of a member's death or incapacitation.

B. In the event a member becomes significantly medically or physically disabled for a period of three months as certified in writing by a licensed practicing Massachusetts physician.

C. The Fitness Center facilities are not available because it permanently discontinues operation of the fitness room or substantially changes its operation.

D. A Member moves his/her permanent address to a location of more than 25 miles from the Fitness Center.

Any such refunds will be prorated.

Member's name \_\_\_\_\_

Member's Signature \_\_\_\_\_ Date \_\_\_\_\_

Staff signature \_\_\_\_\_ Date \_\_\_\_\_

11/2019