



**FITNESS ROOM**  
AT THE PINEHURST

Membership Package

THE  
PINEHURST  
1907

# Fitness Room: Rules & Regulations

## Overview

The equipment in this room is exclusively for use by legal residents of 447 Fort Washington Avenue who pay a monthly membership fee. No one is permitted to use the equipment unless he/she is a member in good standing. Membership is non-transferable except by approval of the Board of Directors. All members must abide by the Rules & Regulations set forth here and sign and return this Membership Agreement Form.

### 1.0: Safety

Be aware that the Fitness Room will not be staffed by anyone from the Cooperative; you use the equipment entirely at your own risk and liability.

Before coming to the Fitness Room, please make sure someone is aware that you are there and instruct them to check on you if you have not returned within a specified time.

Always make sure the door to the Fitness Room is secured when entering and leaving.

If you notice unfamiliar person(s) in the area of the Fitness Room – or anywhere in the basement itself – you should notify the Superintendent immediately.

### 2.0: Equipment

Individuals using equipment must follow any and all posted instructions. Failure to use the equipment as instructed will result in cancellation of membership.

Those using equipment will be liable for the replacement of any damaged equipment.

Individuals using equipment must supply their own towels; equipment must be wiped dry after each use.

### 3.0: Electronics

Users may not change the ventilation system thermostat.

Volume settings of all stereo and television equipment must be kept at a reasonable level.

Upon leaving the Fitness Room, individuals must turn off the ventilation system, stereo, television and lights unless another Member is present.

### 4.0: Children & Guests

Guests are NOT permitted to use the Fitness Room equipment. Members are responsible for the actions of any Guest who accompanies them to this room.

Children are not permitted in the Fitness Room unless accompanied and directly supervised by an adult who is using fitness equipment. Children under age 18 are not permitted to use, play on or run among exercise equipment at any time; parents whose child violates these rules will be subject to the cancellation of their membership.

### 5.0: Misc.

No personal items are to be left in the Fitness Room.

Absolutely NO SMOKING or FOOD are permitted in the Fitness Room.

**As a Fitness Room Member...** I represent that I am in good health and am free from illness or a communicable disease that may make my use of the Fitness Room facilities injurious to others. If I should develop any such condition, illness or disease, I agree to stop using the facilities until I receive a medical release from my doctor authorizing me to resume use.

I am aware that the use of the Fitness Room involves certain risks of injury and I expressly assume the risk and responsibilities for any and all accidents or injuries of any kind which I may sustain during my use of the Fitness Room's facilities.

I further agree to defend and to hold harmless 447 Fort Washington Owners' Corporation ("447FWOC"), its owners, agents, directors, officers and employees from all liability, loss or damages which I may incur if I or any third party should sustain injury or damage to our person or property while I or my guest is within the Fitness Room.

I hereby release and discharge 447FWOC from any and all liabilities, suit claims, demands, actions or damages (including reasonable attorney's fees and disbursement) incurred by me or my guests arising out of the use of the Fitness Room, its facilities, services or equipment, including without limitation, all claims for property damages, personal injuries or wrongful death except to the extent that such loss or damage is caused by or results from 447FWOC's negligence or willful misconduct.

I have read the above and will abide by all rules & regulations and agree to the terms & conditions contained herein. I also agree to be charged \$25.00/month on a month-by-month basis for this membership and understand it may be cancelled at any time by either party.

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SIGNATURE

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DATE

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SIGNATURE

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DATE