



HSI Wellness Center

Member Rules and Regulations

Welcome to HSI Wellness Center. It is our pleasure to serve you. Our programs and services are designed to promote healthy physical, nutritional, and social wellbeing. Our services are available for the community. To ensure the enjoyment and safety of all members, the following rules and regulations have been formulated to best serve you.

Assumption of Risk: All exercise, treatments and use of facility shall be undertaken at the member's own risk. Member agrees to complete a physical activity readiness questionnaire during enrollment session. By participating, the member acknowledges that they are physically able to undertake physical exercises and Individualized Wellness Plan (IWP) provided. By requesting membership, the member acknowledges that they are aware of the risks of bodily injury which exist in participating in an exercise program and those risks are accepted without course of action against Health Services Inc. and the Wellness Center(s), any of their employees or affiliates for any injury received or incurred during his or her wellness center visit(s). ***In case of any injury through membership, all members agree and concede that they will be examined AT THEIR OWN EXPENSE by a licensed physician.***

Conduct & Courtesy:

- ✓ The Wellness Center(s) staff strives to provide a professional and fun atmosphere for all members. We request that our members treat each other and the staff with respect and courtesy. Please no loud or offensive language or threatening behavior. We reserve the right to ask members to alter their behavior or leave the premises when deemed appropriate. The Wellness Center(s) offers a safe, healthy, non-threatening environment for all members. We discourage any activity that may be disruptive or offensive to others while working out. Please respect others who are trying to exercise. Specific complaints will be handled on an individual basis. Members who fail to comply, can be terminated at the discretion of the Wellness Center Director.
- ✓ During peak times of the day or evening, equipment usage may be limited. Time limits for popular pieces of equipment will be posted. Check with a staff member on duty regarding scheduling issues or questions. During these peak times, please be courteous to other members and limit your equipment use to 30 minutes.

Cleanliness/Locker/Attire:

- ✓ All personal belongings must be kept off workout floor (back packs, clothing, etc.) should be stored in lockers or personal vehicle.
- ✓ Machines should be wiped down after each use. Wipes are provided at different stations throughout the Wellness Center(s) center.
- ✓ Please return all exercise equipment to the proper place after each use.
- ✓ Proper workout attire is mandatory. All members and guests must be properly dressed at all times. Acceptable attire includes soft soled shoes, shirt, shorts, or warm-ups. Any type of athletic attire is acceptable. NO HEELS. NO BOOTS. NO SANDALS. Wellness staff reserves the right to deny access to individuals who fail to comply.



Safety

- ✓ In case of injury or illness, please notify a staff member immediately.
- ✓ There is no loitering, drug use, smoking, alcohol use or any illegal activity allowed in or surrounding the facility.
- ✓ In the case of equipment malfunction, please notify any member of the Wellness Center(s) team.
- ✓ Do not deface or destroy any property including walls, floors, equipment, restroom \ facilities, etc.

Suspension/ Termination of Membership by Management

At any time, with cause, Management has the right in its sole discretion to suspend and/or terminate any member at any time for nonpayment of dues, fees, or for noncompliance with the Wellness Center(s) rules and regulations. Sole discretion to suspend and/or termination any member at any time for any reason, including but not limited to nonpayment of dues etc.

Waiver of Liability

Member using the facilities and equipment does so at his/her own risk. Management shall not be liable for any damages that rise from personal injury or damages sustained by the member in, on or surrounding the premises of the Wellness Center(s). Member assumes full responsibility for injuries or damages and does hereby and forever release and discharge the Health Services Inc. Wellness Center(s), owners, employees and all other affiliates from any and all claims, demands, damages, right or causes of action, present or future whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the members use or intended use of the facilities and equipment thereof. **In case of an accident that occurs through membership, the member agrees and concedes that they will be examined AT THEIR OWN EXPENSE by a licensed physician.**

Rules and Regulations

Member agrees to abide by all the membership rules and regulations of the Wellness Center(s) which may be posted in the Wellness Center, or published and distributed to all members. These rules may be amended from time to time, at management’s discretion. Member agrees to abide by and be subject to any and all such amendments to the rules and regulations at the time they are made.

Notice to Member: By signing below, I hereby acknowledge the above rules and regulations.

Member Signature

Date

Wellness Center Staff Signature

Date



WELLNESS MEMBERSHIP APPLICATION

APPLICANT INFORMATION

Date of birth:	Phone:	Cell:
Email Address:		
Current Address:		
City:	State:	ZIP Code:

EMERGENCY CONTACT

Name:	
Phone:	Relationship:

SPOUSE INFORMATION IF JOINT MEMBERSHIP

Name:		
Date of birth:	Email:	Cell:

ADDITIONAL MEMBERS

Name	Name
Name	Name

OFFICE USE ONLY

MEMBER ID # _____

Guest _____ Suite1 _____ Suite2 _____ Mega _____

Single _____ Couple _____ Family _____

Discounted Rate Employee _____ Senior (55+) _____ WC (-\$1) _____