

# GUEST INFORMATION AND AGREEMENT

## GUEST

Your Name \_\_\_\_\_

(First)

(M.I.)

(Last)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_ Social Security # \_\_\_\_\_

Home Phone # \_\_\_\_\_ Alt. Phone # \_\_\_\_\_

### Waiver of Liability

"I have enrolled in a program of strenuous physical activity including but not limited to aerobic dance, weight training, stationary bicycling and various aerobic conditioning machinery offered by Lawrence Athletic Club. I hereby affirm that I am in physical condition and do not suffer from any disability which would prevent or limit my participation in this exercise program."

"In consideration of my participation in Lawrence Athletic Club's exercise program I for myself, my heirs and assigns, hereby release Lawrence Athletic club (its employees and owners) from any claims, demands and causes of action arising from my participation in the exercise program."

"I fully understand that I may injure myself as a result of my participation in Lawrence Athletic Club's exercise program and hereby release Lawrence Athletic Club from my liability now or in the future including but not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat exhaustion, knee/lower back/foot injuries and any other illness, soreness or injury however caused during or after my participation in the exercise program."

### RULES OF THE LAWRENCE ATHLETIC CLUB

1. Upon arrival, always present your membership card at the front desk. Feel free to ask questions of front desk staff. If they do not know the answer to your questions, they will direct you to the appropriate person to help you.
2. No gum chewing or chewing tobacco is allowed in the gym.
3. Replace everything as it was when you entered.
4. DO NOT drop weights, plates, or bars. Replace and put them down carefully to help protect the floor.
5. Always wear shoes (safety) and a shirt (hygiene) while you are working out.
6. Always use a towel when you work out to wipe off the machines after using them.
7. Shower before entering the Jacuzzi
8. No horseplay, running, or misuse of equipment is tolerated. Use the facility safely and treat the equipment as if it were your own. DO NOT put your hands on or lean on the wall or mirrors.
9. Lawrence Athletic club cannot be responsible for clothing, equipment, or any other personal items left in the club.
10. Schedule swimming pool lanes, racquetball courts, basketball courts, and tanning appointments in advance. You are responsible for paying for any missed appointments. You will not be allowed to schedule appointments for 30 days if you miss an appointment and did not cancel 4 hours in advance.
11. No black soled shoes are allowed on the racquetball courts at any time.
12. Wear a swimsuit in the Jacuzzi, sauna, and steam room.
13. Childcare is available only to members who are on site.
14. All rules and regulations, whether posted, verbal, in a "House Rules" handout, or set forth herein, will be observed by all members and their guests. Any violation will terminate said membership agreement and all fees and payments will become the property of Lawrence Athletic Club. Lawrence Athletic Club may change the rules and regulations from time to time at its discretion.

My signature represents my complete understanding that I am entitled to use of all facilities available at the Lawrence Athletic Club. I understand that the Lawrence Athletic Club shall not be responsible for accidents and/or loss of personal property. My membership is valid as long as I (1) abide by the rules and regulations established by the Lawrence Athletic Club, (2) my membership is paid for and agreed to in the membership agreement.

Signature \_\_\_\_\_ Date \_\_\_\_\_

LAC Member Rep. \_\_\_\_\_ Account \_\_\_\_\_ Membership# \_\_\_\_\_ Date \_\_\_\_\_