

**South Windsor Senior Center
Fit for Life Fitness Center**

MEMBERSHIP POLICIES:

1. Fit for Life Fitness Center is available to South Windsor residents 55 years of age and over.
2. Participants must have a signed Physician's Medical Clearance form prior to using the fitness center. This form must be renewed annually.
3. Individuals will be required to attend orientation sessions led by a certified fitness trainer prior to using the fitness center equipment.
4. Individuals must follow all safety rules and procedures as explained in their orientation sessions.
5. Memberships may be purchased for three, six or twelve month periods.
Membership fees must be current in order to use the fitness center.
6. 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.
7. Members must wipe down equipment after use to be considerate to those who follow to reduce the spread of illness.
8. Food and beverage are not allowed in the fitness center except for water in bottles (not glass) or other spill-proof containers.
9. There is a 20 minute limit for using each piece of cardio equipment unless no one else is waiting.
10. The fitness center will only be open when a volunteer, fitness trainer or staff member is on duty in the room. Volunteers cannot provide assistance with the equipment. Always remember that the facility is unsupervised when a fitness trainer is not present.
11. Individuals may make arrangements with our fitness trainer for one private instruction.
Additional private instructions can be available for an additional fee.
12. The South Windsor Senior Center reserves the right to revoke membership in Fit for Life fitness program at any time if it is determined that continuation by the participant is detrimental to him/herself or to others.
13. Members of Fit for Life must fully understand and sign an Informed Consent to Participate form before being approved to use the fitness center.