

Fit for Life

South Windsor Senior Center

Hours: Monday – Thursday (8:00am to 4:30pm), Friday (8:am to 4pm)

New Member Registration

Name: _____

Address: _____

Email: _____ **Phone:** _____

Emergency contact: _____
(name) (phone)

Membership Fee: *(please check one)*

___ \$30 for 3 months ___ \$50 for 6 months ___ \$75 for 1 year ___ Volunteer

Payment: Cash _____ or Check No: _____

Payment Date: _____ Staff Initials: _____

Physician's Medical Clearance:

A signed Physician's Medical Clearance form is required before you can become a member of Fit for Life. Clearance form is required to be renewed annually.

Informed Consent:

A signed Informed Consent to Participate form is required. Be sure to thoroughly read this form before you sign it.

Required Orientation Session:

A member must be able to safely operate the fitness equipment independently following a mandatory orientation session with a South Windsor Senior Center certified fitness trainer. The fitness trainer will make the determination as to when the member is capable of using the equipment independently. The orientation sessions will include instruction on how to use the equipment properly and how to monitor yourself safely. This is important because you will be exercising in an **unsupervised** environment without the continued presence of a certified fitness trainer. A schedule of Orientation Sessions will be posted.

Once a member has completed orientation they may schedule a separate appointment with the fitness trainer for a customized fitness program at no extra charge.

The South Windsor Senior Center reserves the right to deny use of the fitness center for safety and/or health reasons.