



# The BMHC Fitness Zone

Brighton Marine Health Center  
77 Warren Street, Brighton MA 02135  
617-562-5222

## MEMBERSHIP APPLICATION AND WAIVER OF LIABILITY

### I. Application (Please Print)

Name: \_\_\_\_\_  
Last First MI

Address: \_\_\_\_\_  
Street City/Town State Zip

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

In case of emergency contact:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

### II. Employment (Please Print)

BMHC Tenant Name: \_\_\_\_\_ Location: Bldg \_\_\_\_\_ Floor \_\_\_\_\_ Suite \_\_\_\_\_

Supervisor's Name: \_\_\_\_\_ Contact# \_\_\_\_\_

Position/Occupation: \_\_\_\_\_ Work Phone: \_\_\_\_\_

### III. Payment (Please Print)

Membership Start Date: \_\_\_\_\_

Application Fee \$ \_\_\_\_\_

Choose One: Monthly Fee: \$25.00 \_\_\_\_\_

Quarterly Fee: \$75.00 \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

<b>OFFICE USE ONLY:</b>
Total Fees Received \$ _____
Staff Initials: _____
Date: _____
Membership# _____
Processed Date: _____

I am applying for the Brighton Marine Fitness Zone membership. All membership fees are to be paid by check or bank issued check (cash or credit card payments will not be accepted). Returned check(s) will be subject to a charge assessed by the financial institution processing department, in addition to an administration fee of \$25.00 per occurrence. If my Access Keycard is lost and/or damaged, it will cost \$10.00 for the replacement of each Keycard. I further understand that I may terminate my membership upon 30 days written notification to Brighton Marine Health Center. Before signing this document, I have read, understand and hereby expressly agree to the attached rules and regulations and the terms and conditions of membership as defined on the back of this membership form. I understand and agree that this document affects my legal rights.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### III: Waiver of Liability

I understand that any exercise program I undertake may create physical stress and subsequent harmful effects. I accept any and all risks associated with the exercise program as well as any other activities that I may participate in at the Brighton Marine Health Center Fitness Zone. I agree that it is solely my responsibility to consult with a physician prior to commencing any exercise program, to remain under medical supervision if that is indicated, and seek medical assistance in the event of any injury. I recognize that Brighton Marine Health Center Fitness Zone does not have any responsibility in making a determination that I am medically fit to participate in such a program. I recognize that the use of the exercise equipment and other facilities provided by Brighton Marine Health Center, Inc. entail a risk of accidental injury to myself and to others. I agree that I will use such equipment and facilities with care and will be fully responsible for any and all personal injuries, property damage or loss that may result from my use of the Brighton Marine Health Center Fitness Zone, and I hereby fully release, indemnify and hold harmless Brighton Marine Health Center, Inc. and its officers, directors, employees, agents, representatives, successors, assigns, insurance carriers, and any other persons partnership, subsidiary, firms, corporations or other affiliated entities from and against any and all actions, causes of action, claims, demands, damages, costs, loss of services, expenses and compensation, on account of , or in any way related to my use of the Brighton Marine Health Center Fitness Zone.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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## IV: BMHC Fitness Zone's Rules and Regulations

1. The BMHC Fitness Zone is provided exclusively as an amenity to BMHC tenants only.
2. Members must adhere to any other rules and regulations that are posted throughout the Fitness Zone.
3. All members must have a completed Membership Application and Waiver of Liability on file.
4. Please do not let anyone into the Fitness Zone unless they are a member.
5. Wipe down equipment after use with the provided paper towels and cleaning solution.
6. Share equipment with others - work in sets when using the strength training equipment.
7. Allow others to "work-in" or take turns on the equipment. Do not monopolize equipment while others are waiting.
8. The use of the Fitness Zone is solely for your own personal fitness (no personal training of others allowed).
9. Proper attire is required. This includes closed toe shoes, t-shirts, exercise short/pants. No street shoes, jeans, open toe shoes, clothing with offensive wording or revealing clothing will be permitted. Shirts must be worn at all times.
10. Please use private restrooms for changing into exercise attire.
11. Do not leave towels or clothing in the restrooms or fitness areas. Please take all belongings with you after your workout. BMHC and the Fitness Zone cannot be responsible for your personal belongings.
12. Please do not store valuables on the floor or near equipment.
13. Verbal or physical confrontation with staff or other patrons, swearing, grunting, loud noise, abusive language, inappropriate behavior and vandalism will not be tolerated under any circumstances and will result in expulsion from the Fitness Zone.
14. Water or sport drinks may be consumed from closed containers with lids. All other food or beverage is prohibited.
15. Using or being under the influence of drugs or alcohol is prohibited.
16. Smoking is prohibited.
17. Patrons are advised to be aware of their personal fitness limits and to exercise at a level and pace that is appropriate to them.
18. Radios and tape or CD players are not allowed unless they are personal units (such as a "Walkman" or "iPod") equipped with headphones.
19. Cell phones and any other messaging devices are not allowed in the fitness area. All phone calls and messaging is to be done outside the Fitness Zone.

Failure to abide by these guidelines may result in loss of privileges. Management reserves the right to refuse admittance and/or eject from the fitness center premises any persons failing to comply with any of the above health and safety regulations.

We thank you for your cooperation in helping us maintain your Fitness Zone as a clean, safe, healthy, and friendly environment.