

# Bloomfield Fitness Center

*Non-Refundable & Non-Transferrable Membership*

Membership Card # \_\_\_\_\_ Tivity # (if applicable) \_\_\_\_\_

Name \_\_\_\_\_ Email \_\_\_\_\_

Mailing Address \_\_\_\_\_ City & State \_\_\_\_\_

Phone # \_\_\_\_\_ Age \_\_\_\_\_ Zip Code \_\_\_\_\_

## EMERGENCY CONTACT:

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Do you have a Business/Corporate Membership? YES \_\_\_\_\_ NO \_\_\_\_\_

Name of Business or Corporation \_\_\_\_\_

Equipment available at the Bloomfield Fitness Center includes but is not limited to: Universal Seated Chest Press, Tricep Press, Leg Extension, Shoulder Press, Seated Leg Curl, Seated Row, Seated Leg Press, Pec Deck, Bicep Curl, Lateral Pull-down, Back Extension, Abdominal Crunch, Total Hip, Cable Crossover, Fitstep, Aero Recumbent Bicycle, Walker Treadmill, Trex Treadmill and Schwinn Airdyne Bicycles, Racquetball Court, Basketball court.

## Agreement and Release of Liability

1. In consideration of gaining membership or being allowed to participate in the activities and programs of the City of Bloomfield and to use its facilities, equipment, and machinery in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge the City of Bloomfield, its elected officials, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities or my use of equipment or machinery in the above-mentioned facilities or arising out of my participation in any activities at said facility. I do also hereby release all of those mentioned and any others acting on their behalf from any responsibility or liability from any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of the City of Bloomfield or the use of any of the above equipment at the Bloomfield Fitness and Recreation Center. **Please initial** \_\_\_\_\_
2. I understand and am aware that strength, flexibility, and aerobic exercise, including the use of the above equipment, constitutes a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I also understand that this is an **UNMANNED FACILITY** and there is **NO ORIENTATION** prior to beginning my workouts that would have explained the proper usage of every machine in the Fitness Center, and that the City of Bloomfield does not provide any oversight or monitoring of the Fitness Center. **Please initial** \_\_\_\_\_
3. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any of the activities and programs of the City of Bloomfield or use of equipment or machinery. I acknowledge that I have either had a physical examination and have been given my physician's permission to participate, or that I have decided to participate in activity and/or use of equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation, activities, and utilization of equipment and machinery in my activities. **Please initial** \_\_\_\_\_

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

# City of Bloomfield Fitness & Recreation Center

## Regulations

### **Please initial \_\_\_\_\_** ATTIRE

**Shoes** – Shoes are required! Sandals and flip flops are not allowed. Tennis, jogging, basketball, or aerobic shoes are all acceptable. White-soled shoes are required for the Gymnasium and Racquetball court. If anyone wears their shoes for street use, they will be required to clean them before entering the facility.

**Shirts** – A full shirt with sleeves is required. Tank tops, halter tops and half shirts are not allowed. Leotards with sleeves are also acceptable. (The shirt requirement is designed to protect the equipment by keeping it dry and clean.)

**Pants** – Shorts or long warm-up pants are acceptable.

**Clothing with belts, zippers, metal snaps or rivets are not allowed!** (It may cut the upholstery.)

**Do not have keys, pens, or pencils in your pockets while using the Center!**

### **Please initial \_\_\_\_\_** FOOD AND DRINK

No food, drink or gum is allowed in the Fitness Center, Gym, Racquetball Court or locker rooms!

### **Please initial \_\_\_\_\_** RESTROOMS, DRESSING ROOMS, SHOWERS & LOCKERS

The restrooms, dressing room facilities, showers and lockers located in the Fitness Center are for use by Fitness Center members only. The lockers in the men's and women's locker rooms are for your use while you are using the Fitness Center. Please bring your own lock and do not leave money, keys, or valuables in an unlocked locker. **We are not responsible for lost or stolen items.** When you have completed your workout, please remove your lock. No lockers can be used on a permanent basis. There are 64 lockers and hundreds of Fitness Center users. **Locks left on lockers will be subject to removal without notification!** If the restrooms or Fitness Center need cleaning, please notify City Hall at 505-632-6300, Monday through Thursday from 7:30 a.m. to 5:30 p.m.

### **Please initial \_\_\_\_\_** TOWELS

You must have a towel when you are using the Fitness Center. The towel will be used to wipe off the upholstery as you leave each machine or bicycle and to place between you and the weight machine or bicycle to keep the equipment as dry and clean as possible.

### **Please initial \_\_\_\_\_** SMOKING

The Cultural Complex is a smoke-free building. Smoking, vaping or other tobacco use is not permitted in any part of the building.

### **Please initial \_\_\_\_\_** CHILDREN AND YOUTH

Children, 12 years of age or younger, are not allowed in the Fitness Center at any time. Youth under the age of 16 **MUST** be accompanied and supervised by a responsible adult at all times.

## FITNESS CENTER RULES

EXERCISE AT YOUR OWN RISK

Serious injury can occur when using any exercise equipment. To protect your safety and the safety of others, please follow these precautions whenever using any equipment in this room.

- See your doctor to make sure your exercise program is suitable for you. Know that you are physically able to use the exercise equipment.
- **STOP** exercising if you feel pain, faintness, dizziness, nausea, shortness of breath or any sign of illness or injury.
- Equipment must be properly used as stated by the manufacturer. **Please** read instructions on each piece of equipment for additional instruction.
- Safety clips must be used on treadmills.
- Inspect equipment for defects or damage before using. Check cables and connections. Do not use any equipment you fear may be damaged or defective. If equipment should malfunction, **do not** try to repair a machine yourself! Call City Hall immediately at 632-6300, Monday thru Thursday from 7:00 a.m. to 5:30 p.m.
- If using weight equipment, use only the factory-supplied increments in an appropriate manner. Do not put hands on or near the weight stack.
- Stand clear of equipment while in use by other members.
- Keep your body and clothing free from all moving parts.
- Wipe down equipment and headphones after use.
- Only hands-free cell phone use is allowed on equipment.
- **Non-members are not allowed** (violators will be fined up to \$200). Video monitoring will ensure compliance.

*I agree to follow the above rules:* \_\_\_\_\_  
*Signature*

**Call 911 for an Emergency**