



## Clyde L. Gracey Fitness Room Membership Form

PLEASE PRINT NAME: \_\_\_\_\_

First

Middle

Last

DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_ MALE: \_\_\_\_ FEMALE: \_\_\_\_

ADDRESS: \_\_\_\_\_

Do you live within City Limits? YES NO PHONE NUMBER: \_\_\_\_\_

EMAIL (optional): \_\_\_\_\_

How did you hear about the Clyde L. Gracey Community Center fitness room? \_\_\_\_\_

### FITNESS ROOM REQUIREMENTS & REGULATIONS

- You must always wear your membership badge so it is visible to community center staff.
- All people using the fitness room will be required to sign in and out at the front desk. Legal name must be used!
- Proper exercise attire and athletic shoes are required.
- No food or drinks are allowed in the fitness room – plastic water bottles are permitted.
- Illegal substances including: alcoholic beverages, tobacco products, etc. are prohibited.  
Avoid making loud sounds (banging weights, yelling, dropping dumbbells, etc.)
- Refrain from using loud, foul, slanderous or confrontational language.
- Profanity, offensive language and offensive behaviors are prohibited.
- There is a 30-minute time limit on bikes and treadmills when others are waiting.
- No radios, CD players or iPods are allowed without headphones (must be turned down so no one else can hear).
- Must bring a workout towel and wipe off/sanitize equipment after each use.
- Re-rack weights and return all other accessories to the proper locations.
- Please report any damages or equipment problems to a staff member as soon as possible.
- Any misconduct, carelessness, damage to equipment or injuries must be immediately reported to a staff member.
- Abide by all rules listed here or posted in the building.

Non-compliance with these rules may result in loss of fitness room privileges.

**MUST BE 18 YEARS OF AGE OR OLDER TO BE A MEMBER OF THE FITNESS ROOM.**

**CHILDREN UNDER 18 ARE NOT ALLOWED TO ACCOMPANY ADULTS IN THE FITNESS ROOM (NO EXCEPTIONS).**

I have read, understand and agree to the above rules, requirements and regulations for membership into the fitness room at the Milton Community Center.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date