

# Milroy Fitness Center

411 Euclid Avenue Milroy, MN 56263 - 507-336-2495

1. No street shoes when using the equipment. Please bring shoes to change into at the gym. This is to keep the facility clean and the machines in working order.
2. Dress Appropriately. Women no sports bras and men must always have shirts on. Keep the atmosphere respectful.
3. Be respectful of other patrons – time use on machines, music & TV use/volume.
4. No sharing or giving your keycard to another individual. These are coded specifically for you.
5. No allowing others in the door with you or opening the door for them if you are in the center. Every member has their own card that they need to swipe to record their attendance within the facility.
6. No children under the age of 12 allowed. This is for their safety as well as the comfort of other patrons. There are no exceptions.
7. All children aged 12 & 13 must be accompanied by a parent when using the center.
8. Children aged 14-17 are allowed into the center by themselves between the hours of 5:00am and 12:00am. A form must be signed by both the child and parent prior to use.
9. Your extended family members are not allowed in the fitness center over a break or holiday. The center requires them to have their own membership with the proper forms filled out and payment secured prior to their using the center.
10. Premises are being recorded with video surveillance cameras.
11. Use machines according to directions. Improper use of machines can result in a loss of membership without a refund.
12. Misuse/abuse of machines, equipment and /or property can/will result in loss of membership without refund.
13. Keep the facility clean. Place your trash and/or recyclables in designated cans.
14. Take a new wipe with you to each machine. Clean off the machine after you use it. This helps to keep the facility clean and sanitary for all patrons.
15. Report any misuse, problems or machine dysfunction to Betsy Snyder or call 507-336-2495 and leave a message.
16. If there is any damage to the center or the equipment by any member of the fitness center, you will be responsible for the damage.

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## Liability Waiver

In consideration of being permitted to join the Milroy Fitness Center, for myself and my personal representatives, heirs, assigns and next of kin, and being of lawful age, I release discharge and covenant not to sue Milroy Fitness Center or its officers, sponsors, advertisers or the owners and lessees of the premises on which the fitness center is located and each of them and their respective officers and employees (all referred to as Releases), from any and all loss or damage, on account of injury to person or property or death whether caused by the negligence of Releases or otherwise, while I am active in the fitness center. I assume full responsibility for any risk of bodily injury, death, or property damage due to the negligence of Releases or otherwise while a member and being active in activities within the Milroy Fitness Center. I agree that I have adequately prepared to be physically fit enough to participate in fitness activities. I expressly agree that this waiver is intended to be as broad and inclusive as permitted by the laws of the State of Minnesota, and that if any portion of the agreement is held invalid, the balance shall notwithstanding, continue in full legal force and effect. I have carefully read this Waiver, know its contents, and sign this waiver as my own free act and agree that the terms of this Waiver are contractual and not a mere recital.

I further understand that the Milroy Fitness Center may revoke my privileges to use the Milroy Fitness Center at any time, at its sole discretion.

I have read and understand the above mentioned and agree to follow the guidelines during my membership at the Milroy Fitness Center. I realize that failure to follow the above-mentioned guidelines may result in loss of membership without refund.

I hereby give permission for the undersigned minor age 14 to 17, to participate in activities within the Milroy Fitness Center during the hours specified above without a parent present. I understand that if there is any misuse by my child at the center their membership will be cancelled, and they will not be allowed in the center by themselves.

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Signature

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Date

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Print Name

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Phone #