



FOREVER FIT POLICIES & PROCEDURES

ELLINGTON SENIOR CENTER



1. **Eligibility:** Available to individuals 55 years and older, regardless of residency.
2. **Required Paperwork:** Complete the Forever Fit Membership & Informed Consent Form and Medical Clearance Form before use. Update these documents annually.
3. **Senior Center Registration:** Must be a registered member of the Senior Center. No fee for Senior Center membership; separate fee for fitness facility use.
4. **Orientation:** Attend an orientation session before using fitness center equipment.
5. **Membership Duration:** Purchase memberships for 6 or 12-month periods.
6. **Current Fees:** Keep membership fees current to use the fitness center.
7. **Dress Code:** Wear appropriate workout attire, including sneakers or rubber-soled shoes. Change shoes before entering.
8. **Cleanliness:** Wipe down equipment after use.
9. **Food and Drink:** Only water allowed in the fitness center; no glass containers.
10. **Equipment Sharing:** Be considerate; limit cardio machine use to 30 minutes during peak hours.
11. **Phone Etiquette:** Make cell phone calls outside the fitness room.
12. **Fragrance-Free:** Avoid colognes or perfumes due to member sensitivities.
13. **Membership Freeze:** Available for medical reasons with a physician's note.
14. **Report Issues:** Inform the front desk of any equipment malfunctions immediately.
15. **Equipment Return:** Return all weights and equipment to proper racks after use.
16. **Personal Belongings:** The fitness room is not responsible for lost or stolen items.
17. **Health Precautions:** Do not use the fitness room if feeling unwell.
18. **Behavior:** Treat others with respect. Keep noise to a minimum and avoid offensive language.
19. **Policy Adherence:** Failure to adhere to policies may result in suspension of privileges.