South Milwaukee Fitness Center
901 15th Avenue
South Milwaukee, WI 53172
414-766-5084 www.smfitness.org

Fitness Center Membership Form

FIRST: _____ MIDDLE: _____ LAST: _____

Address: _____ City: _____

Zip: _____ DOB: _____ Email: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact Name: _____

Emergency Contact Phone:_____

Auto-Renewal Memberships are ongoing memberships, cancelable with 14 days written notice. Cancellation form is available at fitness center desk and on our website at www.smfitness.org.

Membership Type: _____ ☐ One Month ☐ Annual Term

☐ Renew Active® _____ ☐ SilverSneakers® _____

I, the member or the guardian on behalf of the member, understand that under the terms of this agreement, the Fitness Center obligates itself to furnish me with competent and suitable facilities for physical exercise. All hours of operation are supervised by staff members of the Fitness Center. The member hereby represents that he or she is physically fit to exercise within the center. The member agrees to faithfully comply with all the rules and regulations of the fitness center. The regular month to month rate varies by category; however, a substantial discount has been applied by the virtue of enrolling in an annual membership. Annual memberships do not require ongoing electronic payment.

I, the member, understand that month to month membership is arranged to be paid in monthly installments to The South Milwaukee Fitness Center, and has an educational fiduciary responsibility to collect all payments in a timely manner. Any modifications, changes, or amendments of the member agreement must be in writing. No oral amendments or modifications are to be made of the membership enrollment agreement. All inquiries are to be directed to the South Milwaukee Fitness Center. The membership payment plan is not affected by my training schedule, lapses in use, or my attendance. Appointment/consultation cancellation requires 24 hour notice. Failure of notice will result in forfeiture of appointment or $10 deposit.

I the member, acknowledge receiving or declining a copy of this agreement.

As required by General Obligation law, you have certain rights to cancel this agreement. These are set forth in full below and are made part of this agreement.

-You have the right to cancel this application within 3 days of signing. Cancellation must be in writing and delivered to the Fitness Center Desk
. - If you move your residence more than 25 miles from the school facility, cancellation under this section requires written proof of new permanent address, phone number and requires a 14-day notice to cancel.
- If you become injured for more than 2 months, and a physician confirms that injury in writing, you have the right to an extension of your annual membership.

I, the member understand my rights as stated above and cancellation policy as stated above.

Fitness Center Representative Signature	Date	Member Signature	Date

Family Members - First and Last Name	DOB	Phone / Email

South Milwaukee Fitness Center
Rules and Regulations

Rules and regulations will be clearly posted and must be always followed when using the Fitness Center. Those individuals not complying with the rules will be asked to leave the facility and may have membership privileges suspended.

South Milwaukee Fitness Center Rules

1. Proper identification is mandatory once entering the building.
2. Please check in at the desk prior to your workout. The minimum age for admission is a middle school student when accompanied by a parent with a family membership. Children under the age of 12 are not allowed in the FC.
3. Wipe down the machines before and after every use. Either Spray bottles or disinfecting wipes are available during your workout. The Spray bottles are located at the Fitness Center desk, paper towel dispensers and disinfecting wipe stations are located throughout the Fitness Center. When wiping down your machine, spray the towel, not the machine (spraying the machine may cause damage to the electronics). Please dispose of all garbage in the trashcans.
4. Wear proper training attire. No open-toed shoes are allowed while working out. Check to make sure nothing you are wearing will damage the upholstery. Please wipe your shoes on the mat by the door. During the winter months and inclement weather days, it is recommended to bring an extra pair of shoes. Please use the benches located outside of the Fitness Center to change into exercise shoes BEFORE entering.
5. Help keep the area clean. Food and beverages are not allowed inside the SMFC. Water and energy drinks are allowed as long as they are resealable.
6. Please put away the weight plates when you are finished using them. Make sure that all equipment is placed in the proper place.
7. The SMFC staff has authority over all room conduct and the use of equipment. This includes the sound system.
8. Participants are expected to follow all safety guidelines while using the equipment. Spotters and clamps are strongly encouraged.
9. Immediately report any facility-related injury or facility/equipment problem to the FC staff on duty.
10. If you are unsure on how to use a piece of exercise equipment, please ask.
11. If you are doing multiple sets on the weight machines, please be courteous to your fellow members and allow them to alternate sets with you. This is a good opportunity to have a spotter as well!
12. Track Access. The track is available to FC members. The hours of availability for the track are the same as the FC.
13. North Court access is not guaranteed! This is an amenity to Fitness Center members **when available.** Since we are located in a High School, student activities will always have priority. The North Court is not available during school hours, during sporting events in the fieldhouse, or when High School practices are taking place. We recommend calling ahead for availability.
14. Anyone using inappropriate behavior, or foul language, or suspected to be under the influence of alcohol or other substances may be asked to leave the building. Failure to comply may result in contacting authorities and possible suspension/revocation of the Fitness Center Membership.

I have read, understand, and agree to comply with the above rules and regulations:

Member Signature: _____ Date: _____