

City of Eugene Employee's



FIT

City

WELLNESS
CENTER

Membership Registration and Waiver Form

FitCity Wellness Center

1010 Oak Street
Eugene, OR 97401
541-682-5610

Return completed form to: Health & Fitness Director

Name: _____

Work phone ext: _____

Employee #: _____

Date of Hire: _____

- ▶ Membership is complimentary, courtesy of the City of Eugene.
- ▶ Hours: Monday-Sunday, 5 am-10 pm. Exercise facility to be used on personal time *only*.
- ▶ Each participant is responsible for his/her own safety.
- ▶ City is not responsible for loss or damage to personal property.
- ▶ Lockers are limited and only to be used while you are working out.
- ▶ The Wellness Center is unsupervised at times (use at your own risk).

Emergency Contact Info:

Name: _____

Phone Number(s): _____

CONSULT A PHYSICIAN BEFORE YOU START AN EXERCISE PROGRAM

Most people do not need to consult a physician before they start an exercise program. However, if you have not exercised for more than one year, or are not sure about your health, please consult your physician before beginning physical activity.

Activity/Exercise:

Are you currently physically active? YES NO

Type of exercises: _____

Times per week: _____ Duration per exercise session: _____



Waiver of Liability

I am aware that health and wellness activities may range from vigorous cardiovascular activity (i.e. aerobics, treadmills, stationary bikes etc.) to the strenuous exertion of strength training (i.e. resistance machines, kettlebells, medicine balls, etc.) I understand that these and other physical activities at the Wellness Center involve certain risks. I am voluntarily participating in exercise activities with knowledge of the dangers involved and hereby agree to accept these risks in exchange for the right to use these facilities.

In consideration for the right to use the City of Eugene Wellness Center facilities and equipment, I hereby agree to hold harmless the City of Eugene, its officers, agents and employees from any and all claims for injury or damage to myself or others resulting from my use of the City of Eugene facilities and equipment.

FitCity Code of Conduct

1. Treat everyone with dignity, respect, and courtesy to create a welcoming environment.
2. Use appropriate and respectful language.
3. Be considerate to others and share equipment when needed. If the facility is crowded, please limit time on cardio equipment to 30 minutes.
4. Please use antiseptic wipes to clean equipment that you have used.
5. Sweat towels are available. Please put them in the towel receptacle when finished.
6. Respect others' space while working out.
7. Clean up after yourself and replace all equipment when finished.
8. Dress appropriately and safely for the exercise you will be completing.
9. If you find a broken piece of equipment or if something doesn't appear to be working properly, please notify the Fitness Director.
10. Failure to comply with this code may result in user exclusion from the facility.

Participant's Signature: _____

Date: _____

Health & Fitness Director Signature: _____

Date: _____