

WALDEN FITNESS CENTER

Information Packet

Please read and complete the “Membership Hold Harmless Agreement”, the Walden Fitness Center Membership Application and the “Rules and Regulations”. The Hold Harmless Agreement, Membership Application and Rules and Regulations’ signature page need to be returned to the Fitness Center before using the facility.

Walden on Lake Conroe CIA

Fitness Center

Membership Hold Harmless Agreement

I, _____, am a member of **Walden CIA** and, therefore, entitled to use the fitness center. I acknowledge that **Risher Fitness Management, Inc.** manages the fitness center. I am not relying upon **Walden CIA, its employees, board members, officers, members and Risher Fitness Management, Inc.** or any of its agents or employees for any purpose with regard to whether I am, or any members of my family or my guests are, in appropriate physical condition to use any equipment at the fitness center or to engage in any type of exercises at the fitness center. I agree to abide by the rules of the Fitness Center and that all use of the Fitness Center shall be undertaken at my own risk. I also agree, for myself, members of my family or my guests, to hold **Walden CIA and Risher Fitness Management, Inc.** their respective officers, directors, agents and employees, harmless from and against any and all claims for injuries to myself, any members of my family, any of my guests, and/or any guests of any member of my family, resulting from my/their use of the Fitness Center. I hereby affirm that I have read and fully understand this Hold Harmless Agreement.

Print Name _____

Phone # _____

Signature _____

Date _____



Walden on Lake Conroe CIA Membership Application

Name(full): _____ Spouse: _____

Home Address: _____

Home Phone: _____ Cell#: _____

Work Phone: _____ Spouse's Wk#: _____

Occupation: _____ Spouse's Occupation: _____

Name of Company: _____

Email: _____

In Case of Emergency, Notify: _____

Home Phone: _____ Work Phone: _____

**Does anyone in your household have any special health problems that we should be aware of?
If so, please describe:**

Children and Other Adults Living in the Household:

Name: _____ Birthdate: _____

Name: _____ Birthdate: _____

Name: _____ Birthdate: _____

Name: _____ Birthdate: _____

IF YOU ARE RENTING, PLEASE LIST THE NAME OF THE HOMEOWNER AND THEIR CONTACT TELEPHONE NUMBER:

I have received a copy of the facility rules and any questions I have, have been answered: _____ (initial)

FOR OFFICE USE ONLY

Residency Verified (list method of verification and initial): _____

Waiver Signature Verified (initial once signed): _____

Delinquent List Checked _____

Membership Spreadsheet: _____

Membership Card made _____



Walden Fitness Center Rules and Regulations

The Walden Fitness Center is a great place to get your body in the best shape of your life. Walden Fitness Center was developed to meet the challenging needs of today's health and fitness-conscious Walden resident. We are pleased to offer a variety of equipment for cardiovascular, strength and flexibility training. The Walden Fitness Center staff looks forward to continually enhancing the type of equipment and wellness programs offered. It is our goal to provide a clean, safe, and pleasant environment while providing exceptional service to our members. To maximize everyone's enjoyment and ability to use the facilities to the fullest, and to ensure the safety of all who use the facility, there are a few rules all fitness participants should follow.

1. Use of the Walden Fitness Center

- a. The Walden Fitness Center is for the exclusive use of Walden Property Owners (Members) and their house guest(s).
- b. Access to the Fitness Center is controlled by the Member's coded access ID card.
- c. You must scan your Walden ID card every time you enter and leave the facility. If you do not have your card, access to the facility is denied.
- d. Use of the Walden Fitness Center is restricted to adult Members and guests. No unsupervised children are allowed in or around the facility. Youth ages 14 -18 are permitted to use the weight room only when supervised in a youth program, with a personal trainer, or with an adult who is giving them direct supervision. An adult is defined as someone 21 years or older; direct supervision is defined as being immediately adjacent to the machine that the child is using. Children must have adult supervision at all times. Youth under the age of 14 are not permitted in the weight room.

2. House Guests

- a. House Guests may not use the Fitness Center unless accompanied by an adult Member.
- b. The House Guest must be with that Member at all times.
- c. The Member is responsible for their House guest(s).

3. Walden Fitness Center Hours

- a. Monday thru Thursday - 5:00 am - 9:00 pm
Friday - 5:00 am - 8:00 pm
Saturday - 8:00 am - 5:00 pm
Sunday - 10:00 am - 5:00 pm
- b. All workouts must stop 10 minutes prior to club closure.
- c. Be prepared to vacate the Fitness Center at closing time.



Walden Fitness Center Rules and Regulations

4. General

- a. Cell phones or any other messaging devices are not allowed to be used in the fitness area. All phone calls and messaging must be done in the lobby, the pro shop or outdoors.
- b. Members and guests are fully responsible for personal items that are lost, stolen, or damaged at the Fitness Center. The Fitness Center is not responsible for any theft of personal belongings. The Center will maintain a Lost & Found system. Please inquire at the Front Desk if you have lost something and please provide the staff with any lost items you have found.
- c. Body odor can be a problem in the gym. Participants with offensive body odor will be asked to shower and change.
- d. Excessive perfume is inappropriate and is not allowed.
- e. Damages to Facility property shall be paid for by any Member, Member's guest or dependent children willfully or neglectfully causing the damage.
- f. Weight belts are not permitted during workouts unless medically necessary.
- g. It is the Member's responsibility to follow all posted rules. Please ask the staff on duty if you have any questions or need assistance.
- h. No equipment is to be moved from its designated area and may not be taken out of the Fitness Center.
- i. Only equipment provided by the Walden Fitness Center may be used. Do not bring weights or any other apparatus from the outside.
- j. Radios, tape or CD players are not permitted unless they are personal units (such as an "iPod" or "Walkman") equipped with headphones, so the music cannot be heard by others.
- k. Members are required to pick-up after themselves and discard trash and remove personal items.
- l. Baby carriages and strollers are not permitted in the fitness area.
- m. Personal Training can be scheduled through the fitness manager. No outside Personal Trainers will be allowed to use the Fitness Center to train Members.

5. Safety

- a. Before beginning any exercise program you should consult a physician.
- b. Prior to participation, it is recommended that patrons undergo an orientation on the proper execution of various exercises, on common risks involved in strength training and cardiovascular exercise, and on the possible consequences if proper technique is not employed. Please see our fitness staff for instruction.
- c. Always stretch and warm up before exercising.
- d. One of the cardinal principles of gym safety is to never work out when you are tired or ill. You can worsen your situation or injure yourself.
- e. Report injuries immediately to the Fitness Center Staff.



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- f. Please notify the attendant on duty of any equipment that may be damaged, unsafe, have blinking lights, or does not look properly maintained.
- g. For safety reasons, personal items such as bags, balls, racquets, sticks, bats, shoes, changes of clothing, etc... are not allowed in the workout areas. Please use the storage cubbies outside the fitness directors' office.

6. Fitness Center Etiquette

- a. Observe and demonstrate courtesy towards others at all times.
- b. Disrupting or interfering with the workout of another member is not allowed.
- c. Respect the rights of others by using courteous and appropriate behavior.
- d. Profanity is not allowed.
- e. Swearing, grunting, loud noises, abusive language, inappropriate behavior, and vandalism will not be tolerated.
- f. Abuse of equipment, unsportsmanlike conduct, or failure to comply with the rules and regulations of the Fitness Center will result in expulsion from the Fitness Center and possible suspension of the right to use the facility.
- g. Good order, proper attire, decorum and consideration of the rights and comforts of others must be observed at all times.

7. Attire

- a. Proper athletic attire must be worn at all times.
- b. Athletic shoes must be worn at all times. No bare feet allowed.
- c. Absolutely no sandals, open toed or open-backed shoes are permitted.
- d. T-shirts must be worn. Tank tops are not allowed for men.
- e. No jeans or jean shorts allowed.
- f. Khakis and excessively loose fitting clothing are not allowed.
- g. Apparel with zippers, chains, rivets or buckles are not permitted.
- h. Clean, un-torn clothing is mandatory for hygiene and safety reasons.
- i. Bare mid-drift, hosiery or tights are not acceptable for women.
- j. All shoes should be thoroughly wiped on a mat before entering the Facility.
- k. Shirts with offensive wording are prohibited.
- l. The Fitness Center staff reserves the right to determine appropriate athletic attire.
- m. Attire should not be overly revealing, and fabrics and accessories should not cause damage to the upholstery on fitness equipment.

8. Tobacco, Food and Drink

- a. Tobacco, drugs or illegal substances of any kind are prohibited inside or around the outside of the facilities at any time.
- b. No food is allowed in the Facility.



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- c. Only water and/or sports drink are allowed in the facility as long as they are in a closed container.
- d. Member must clean any spills immediately.
- e. Other food and beverage items are welcome on the outside patio.
- f. Gum is not allowed in the Facility.
- g. No glass containers are allowed inside the Facility.
- h. No alcoholic beverages are permitted in the Fitness Center building at any time.

9. Cardiovascular Area Etiquette

- a. Only one person may use a treadmill at any one time.
- b. Before you begin, take note of the control panel on the treadmill. Be sure to pay attention to where the pause and the emergency stop buttons are so that you can stop the belt if you should need to do so during your workout.
- c. Never start a treadmill while standing on the belt.
- d. Do not read on a treadmill.
- e. Do not slap your feet while running on the treadmill.
- f. Please adhere to a 20-minute time limit on cardio equipment when others are waiting.
- g. Return all cardio equipment to zero speed and elevation after use. Never exit a treadmill with the belt still moving. Use safety devices when applicable.
- h. All members are required to wipe down cardio equipment after each use. Cleaning wipes are available for this purpose.

10. Weight Area Etiquette

- a. Use of chalk is not permitted.
- b. Weights may not be set against the wall, mirror, benches or other equipment.
- c. Perform weightlifting exercises properly, safely and under control at all times. Please do not drop or slam weights. If you have a question about how to perform the exercise safely please see the Fitness Center staff.
- d. When performing more than one set on weight equipment, please allow others to "work in" between your sets.
- e. All members are required to wipe down weight room equipment after each use. Cleaning wipes are available for this purpose.
- f. Due to the lack of space for particular types of weight training activities, Olympic-style weight lifting is not allowed.
- g. Spotters are strongly recommended when using heavy free weights.
- h. Members must use safety bars when using the squat racks, leg sled and Smith machine.
- i. Ease the weights into position on the machines; do not allow them to slam down. Collars are to be used at all times to secure weights on bars.
- j. Please do not sit on machines between sets.



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- k. Do not monopolize several pieces of equipment in the weight room while others are waiting.
- l. As a courtesy, please towel off each piece of equipment or weight bench after use and return all dumbbells, weight plates, and handles to racks after use.

Fitness Center Attendants are there to help members if they are unfamiliar with any piece of cardio or weight equipment and will be happy to show you how to use it properly. Attendants are not, however, certified trainers and can only provide basic instructions on use. Personal trainers will be available to answer more detailed questions. If there is not a trainer on site feel free to leave a message and one will get back to you within 24 hours.

Walden C. I. A. has a contractual agreement with a specific company that provides a team of highly trained experts to provide safe and healthy fitness training. If a Member is interested in setting up one-on-one or small group training sessions, please contact the on site Fitness Manager. Members can obtain information regarding the scheduling of this level of training and payment for these services will be handled through the company providing the trainer services. Instruction or training by unauthorized individuals is strictly prohibited.

Members and their Guests are expected to abide by these Rules and Regulations. Any violation of the Rules may subject the Member to suspension or forfeiture of their privileges. For the enjoyment and safety of all who use the Facility the Walden Community Improvement Association reserves the right to dismiss or expel any person from the programs or facilities for behavior that is detrimental to the programs, facilities or to other Members. This includes, but is not limited to, conduct that constitutes safety hazards, physical abuse, mental abuse, and failure to comply with Walden Exercise Facility rules and regulations.

These Rules and Regulations may be changed or modified at any time by the Walden Community Improvement Association.

Everyone can benefit from regular exercise; it helps your heart, your waistline, and your state of mind. Combined with a healthy diet, 30 minutes of exercise 5 days a week helps people achieve and maintain a healthy weight.

Every Member is encouraged to have a happy, safe experience in this Facility. This is one of the amenities provided to each and every Property Owner as part of their Maintenance Fee. Enjoy!



Walden Fitness Center Rules and Regulations

I have read the foregoing Walden Fitness Center Rules and Regulations. I understand these rules and agree to abide by them.

Signature

Printed Name

Date