

Marilyn Ishler, Chairperson
Vacant, Vice Chairperson
Sheila Pennell, Secretary

Julie Pearce, Director

Dear Prospective Member,

Thank you for your interest in the Maurice "Fitz" & Margaret Fitzgerald Memorial Fitness Center at the South Hadley Senior Center. Our Fitness Center is open Monday through Friday from 8:00 am to 4:00 pm, with additional evening hours.

Enclosed, you will find detailed information about our membership options and important policies. Membership is available to South Hadley residents aged 60 and older, South Hadley residents under 60, and non-South Hadley residents aged 60 and older.

We look forward to welcoming you to our Fitness Center and hope you enjoy your time with us while maintaining a healthy and active lifestyle!

Sincerely,

The Council on Aging Team

Updated August 2024

Fitness Center Membership Guidelines & Procedures

1. Members must carefully read, complete, and submit all forms before using the Fitness Center.
2. Equipment is for regular exercise only, not for rehabilitation purposes.
3. A required orientation on the 9 pieces of strength training and cardio equipment is mandatory before use. Orientation is a minimum of 30 minutes and tailored to your capabilities.
4. After reviewing your forms, the Senior Center will contact you to schedule your orientation appointment.
5. The Senior Center and COA Staff are not responsible for lost, stolen, or unattended personal items.
6. Members must have a Senior Center scan card to sign in. Scan cards can be requested at the reception desk.
7. Membership is free for South Hadley residents. Non-South Hadley residents pay \$15.00 per month, due on the 1st of each month. If you join on the 15th of the month or after, you will pay \$8.00.
8. The Fitness Room is not supervised by Senior Center staff.
9. Enjoy a non-judgmental environment and be respectful of others at all times.
10. If a participant fails to make payment or renew their membership, they will lose access to the Fitness Center.

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Fitness Center Application Form

Name: _____ Date of Birth: _____

Phone: (Home) _____ (Cell) _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____

Emergency Contact (required)

Name: _____ Relationship: _____

Phone: _____

Email: _____

Updated August 2024

Fitness Center Policies & Agreements

Please initial each item to confirm that you have read and understand these policies.

_____ Members must obtain a Senior Center scan card to sign in and schedule an orientation for the Fitness Center and its equipment.

_____ Please refrain from wearing strongly scented lotions, colognes or aftershaves in the Fitness Center.

_____ Wear clean, appropriate footwear during exercise. Athletic shoes are required; no boots or open-toe/back shoes are allowed. Shoes worn to the Senior Center should not be used in the Fitness Center. This policy applies year-round.

_____ The Senior Center is not responsible for personal belongings such as wallets, keys, or jewelry. Please leave valuables at home.

_____ Only beverages in closed plastic containers are permitted. No food is allowed in the Fitness Center.

_____ Members must wipe down equipment after use with the towels and cleaners provided.

_____ During peak hours (typically Monday through Friday, 8:15 am - 11:00 am), cardio equipment (bikes, treadmills, elliptical trainers, etc.) should not be used for more than 20 minutes. If waiting for equipment, inform the current user. Members who monopolize equipment may have their membership revoked.

_____ Personal trainers and therapists are not permitted to accompany members in the Fitness Center.

By signing below, you agree to abide by the above policies while using the Fitness Center.

Signature: _____ Date: _____

Print Name: _____

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Informed Consent and Release for Fitness Center

I, _____, am or will be participating in voluntary athletic activities at the Town of South Hadley Council on Aging. To the best of my knowledge, I am healthy and able to use exercise equipment. I understand and confirm that I will choose the level of activity that will not harm me.

I agree and covenant to forever RELEASE, acquit, discharge and hold harmless the Town of South Hadley, the Council on Aging, and any and all of their employees, officers, agents, board members, volunteers and assigns (hereinafter collectively the "Town of South Hadley") from any and all claims of any nature whatsoever, rights of action and causes of action that may have arisen in the past or which may arise in the future, directly or indirectly, from any and all known or unknown personal injuries to me or property damage resulting from or in any way growing out of, directly or indirectly, my use of exercise equipment and/or the Council on Aging facility.

I hereby forever, RELEASE, indemnify, defend and hold harmless the Town of South Hadley against any and all legal claims of any nature or kind whatsoever and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to me or property damage resulting from my participation in the Town of South Hadley voluntary athletic activities and/or use of equipment.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my use of the facility and equipment is voluntary and that I am free to choose not to participate in any physical activities at the facility. By signing this Form, I affirm that my use of equipment and/or the facility at the Town of South Hadley's Council on Aging is voluntary and I have full knowledge that the Town of South Hadley will not be liable to anyone for personal injuries or property damage I may suffer while voluntarily using the facility and/or equipment.

Signature: _____ Date: _____

Printed name: _____

Address: _____ Phone: _____