

Key # _____ \$10 Fee _____ Manager _____ Mill _____



New Member Waiver - The Mill Residents
(Please Print Clearly)

**THE
MILL**

Last Name: _____ First Name: _____

Birth Date: ____/____/____ Phone # _____ Gender (Circle One): Male/Female

Emergency Contact: _____ Phone # _____

Street Address: _____

Valley Fitness Policies

Cell Phones: No cell phones allowed in the locker rooms or group fitness areas if powered on. Out of courtesy to others we ask that you keep phone conversations to a minimum when on the fitness floor.

Towel Policy: Members are more than welcome to bring their own sweat towels, or a towel may be purchased at the front desk for only \$.50. You may also purchase a towel with a bottle of water for only \$1.00. Shower towel rental is \$1.00.

What to Wear: No open-toed shoes may be worn while utilizing the facility. Shorts, t-shirts, sweatshirts and sweatpants are the normal attire. Tank-tops are permitted at the discretion of the management.

Equipment Care: There are towels and spray bottles on the fitness floor; please clean cardio and weight equipment after each use. When working out in the free weight room it is your responsibility to re-rack your weights.

Locker Room/ Lockers: Lockers are available for use each day. Please do not leave locks on lockers overnight unless you plan to pay the \$10 per month rental fee. Unapproved locks left on lockers overnight will be removed. Valley Fitness is not responsible for loss of valuables. Leaving such items as wallets, cell-phones, and watches is at your own risk!

Guest Policy: A first time guest with a local ID is free. There is a \$10 fee for a repeat guest or a guest from out of town.

Sauna/ Jacuzzi/ Steam Room: NO GUM ALLOWED

- Please no splashing while in the whirlpool
- No street shoes are allowed in the steam room
- Facility is coed, so appropriate attire must be worn at all times
- Please shower before entering the whirlpool or swimming pool
- You will need to bring a towel when using the sauna/ Jacuzzi/ steam room area

Member Agreement

I agree to follow Valley Fitness Policies stated above or my membership may be terminated at anytime. I am aware that I will be engaging in physical exercise and that the use of exercise equipment, club facilities, training and instruction could cause injury to me. I am voluntarily participating in these activities and assume all risks of injury to myself that might result. I agree to waive any claims or rights I might otherwise have to sue The Mill Apartments (owners, officers, employees, or agents) and Valley Fitness (owner, officers, employees, or agents) for injury to myself as a result of these activities. Valley Fitness does not have any liability for any injury or loss at their facility except in the case of gross negligence and willful misconduct by Valley Fitness or its employees.

Signature _____

Date ____/____/____