



# Fitness Membership Application

401 Wagner Road, Northfield, IL 60093  
 Phone: 847.446.4428 Fax: 847.446.4431

**For Office Use Only**

Date Rec'd: \_\_\_\_\_  
 Cash Rec'd: \$ \_\_\_\_\_  
 Check # Rec'd: \_\_\_\_\_  
 Waiver Signed: \_\_\_\_\_  
 Initials: \_\_\_\_\_  
 Receipt No: \_\_\_\_\_

When registering by Fax, it is mutually understood that the facsimile registration document (including the waiver and release of all claims) shall substitute for and have the same legal effect as the original form.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Home Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Emergency Name \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Please check box if renewing an existing membership  (10% discount when renewing 1 year membership prior to expiration date)

Members must be at least 14 years of age to join (w/ signature of legal guardian if under 18)

One Year Membership			Six Month Membership			Three Month Membership		
Please mark selections.	Resident	N/R	Please mark selections.	Resident	N/R	Please mark selections.	Resident	N/R
Individual <input type="checkbox"/>	\$320	\$365	Individual <input type="checkbox"/>	\$210	\$240	Individual <input type="checkbox"/>	\$120	\$140
Couple <input type="checkbox"/>	\$510	\$585	Couple <input type="checkbox"/>	\$330	\$380	Couple <input type="checkbox"/>	\$190	\$220
Add'l Family Members (Limit 2 per Household) <input type="checkbox"/>	\$145	\$165	Add'l Family Members (Limit 2 per Household) <input type="checkbox"/>	\$95	\$110	Add'l Family Members (Limit 2 per Household) <input type="checkbox"/>	\$55	\$65
Senior (60+) <input type="checkbox"/>	\$240	\$275	Senior (60+) <input type="checkbox"/>	\$155	\$180	Senior (60+) <input type="checkbox"/>	\$90	\$105
Senior Couple <input type="checkbox"/>	\$380	\$440	Senior Couple <input type="checkbox"/>	\$250	\$285	Senior Couple <input type="checkbox"/>	\$145	\$165
Jr. Membership* (12-13 years old w/ Guardian Membership) <input type="checkbox"/>	\$115	\$130	Jr. Membership* (12-13 years old w/ Guardian Membership) <input type="checkbox"/>	\$75	\$85	Jr. Membership* (12-13 years old w/ Guardian Membership) <input type="checkbox"/>	\$45	\$50

One Month Membership - \$50 per person

**Member Names**

- 1) \_\_\_\_\_ Birthdate \_\_\_\_\_
- 2) \_\_\_\_\_ Birthdate \_\_\_\_\_
- 3) \_\_\_\_\_ Birthdate \_\_\_\_\_
- 4) \_\_\_\_\_ Birthdate \_\_\_\_\_

**\*Jr. Memberships available to 12-13 year olds only if legal guardian has a current membership and has signed waiver on file. Jr. Members are only permitted to use the Fitness Center between 5:30-7AM, 1-2:30PM, and 7:30-9PM.**

**PLEASE READ WAIVER AND RELEASE OF CLAIMS ON REVERSE SIDE**

## Waiver & Release of All Claims

I have read this form carefully and am aware in registering for participation in this program that I will be waiving and releasing all claims for injuries I might sustain arising from this program. As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries including death, damages, or loss, which I may have as result of participating in the program against the Northfield Park District and its officers, agents, servants, and employees. I do hereby fully release and discharge the Northfield Park District and its officers, agents, servants, and employees from any and all claims from injuries, including death, damages, or loss which I may have or which may accrue to me on account of participation in the program. In the event of any emergency, I authorize District officials to secure from a licensed hospital, physician and/or medical personnel any treatment deemed necessary for my immediate care and agree I will be responsible for payment for any and all medical services rendered.

The Northfield Park District is committed to conducting its recreational programs and activities in a safe manner and holds the safety of participants in high regard. The Northfield Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participant's safety. However, participants and parent/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities.

You are solely responsible for determining if you or your minor child/ward is physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, suffering from an underlining medical condition, takes medication, smokes cigarettes, has a family history of coronary disease, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

Aerobic and other fitness exercises including such items as passive/resistive weight training, use of stair machines, jogging, free weights, other training devices, and equipment (despite careful and proper preparation, instruction, medical advice, and conditioning) pose a substantial risk of serious injury including death. Understandably, not all hazards and dangers can be foreseen. Participants must understand that certain risks, dangers, and injuries due to acts of God, slipping, falling, equipment failure, failure in supervision/instruction, premises defect and all other circumstances inherent to recreational activities/programs exist. Dependent upon a person's physical condition, age and skill level, aerobics and fitness exercise can involve a substantial risk of the following types of injuries. This list is by no means complete, but includes some of the more common ones:

- |   |                            |
|---|----------------------------|
| 1. Heart Attack, stroke, circulatory problems | 2. Bone and joint injuries |
| 3. Back and neck injuries                     | 4. Shin splints            |
| 5. Muscle strain and other muscle injuries    | 6. Foot problems           |

I have read this form carefully and am aware that in signing up and participating in this program/activity, I will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss regardless of severity, that I or my minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity.

I recognize and acknowledge that there are certain risks of physical injury associated with participating/activity, and I voluntarily agree to assume the full risk of any injuries, damages or loss regardless of severity, that I or my minor child/ward may sustain as a result of such participation. I fully understand and agree that all exercises including aerobic activities, the use of weights, number of repetitions and use of any and all machinery, equipment and apparatus designed for exercise shall be at my or my minor child/ward's sole risk. Notwithstanding, any consultation or instruction on exercise programs which may be provided by the Northfield Park District, it is hereby understood that the selection of exercise programs, methods and types of equipment shall be my or my minor child/ward's entire responsibility and the Northfield Park District shall not be liable for any claims, demands, injuries, damages or loss to person or property arising out of or in connection with the use of the services and facilities contemplated by this agreement.

I further agree to waive and relinquish all claims that my minor child/ward or I may have or which may accrue to me and/or my minor child/ward as a result of participation in the program/activity.

I do hereby fully release and forever discharge the Northfield Park District from any and all claims for injuries, damages or loss that I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity.

I understand that it is strongly recommended that all patrons consult their physician prior to starting an exercise program.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

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***Prior to first use of Northfield Park District Fitness Center all members, new or renewing, must complete the digital waiver at the front desk of the Community Center acknowledging that you have read and fully understand the Program Details, Waiver and Release on this form.***