



Massabesic Fitness Center  
Rt.# 202  
Waterboro, ME 04087

TEL: (207) 247-3216  
FAX: (207) 247-3217

Name:

Date:

Address:

Home Phone:

Work Phone:

Emergency Contact Name:

Date of Birth:

Phone:

Please read carefully

I recognize the need to exercise the necessary precautions to prevent accidental injury during my active participation in the Fitness Program. I accept the responsibility to conduct myself in a safe and appropriate manner at all times while I participate in this fitness program.

I fully understand that the exercise programs of Massabesic Fitness Center (MFC) may require rigorous and/or strenuous activity. I hereby represent and acknowledge that my physical condition permits me to participate in such exercise programs. I further acknowledge that I have been advised that at anytime during which I have physical difficulty, I will immediately stop the activity and inform the Fitness Staff. I have volunteered to participate in this opportunity to exercise and fully accept responsibility for myself. I understand that the possibility of exercise injuries and/or death exists, and I acknowledge and accept the risk involved in exercising at MFC.

I understand that I will not be accepted for participation in the fitness program if MFC knows or becomes aware of any reason why my participation would be dangerous to myself or to others. I will notify you of any changes in my health status.

I recognize that I am responsible for preserving all equipment and fixtures of MFC during the time of my program. If damages occur as a result of my neglect or misuse, I will report the incident to the Fitness Staff. I recognize that I am responsible for the cost to replace and/or repair the item(s).

**Please read carefully**

**I also release and discharge of behalf of myself, my heirs, assigns and successors in interest, all officers, directors, agents and employees and other representatives of MFC and its insurers from any and all claims, damages, demands, and liabilities arising out of or in any way related to participation in MFC activities, and the use of any of its exercises, procedures, equipment, or other results attained therefrom.**

**I recognize the need to exercise the necessary precautions to prevent accidental injury during my active participation in the Fitness Program. I accept the responsibility to conduct myself in a safe and appropriate manner at all times while I participate in this fitness program.**

**I understand and agree that I am ultimately responsible for the balance on my account. I have read all the information on both sides of this sheet and have completed the above answers. I certify that this information is true and correct to the best of my knowledge. I will notify you of any changes in my health status of the above information.**

**Fitness Members**

- 1. Massabesic Health Resources (MHR) and Massabesic Fitness Center (MFC) conduct separate businesses as a Physical Therapy Clinic and as a Fitness Center.**
- 2. Fitness members, by signing this form, acknowledge use of the premises on a basis independent of professional physical therapy services. Any/all recommendations (such as stretches, exercises, use of the equipment) given to the members by MFC staff, even if from a physical therapist, should not be construed as professional physical therapy.**
- 3. MHR and the physical therapists it employs will not be held liable for any injuries resulting from recommendations by a PT to Fitness Center members.**
- 4. MFC members acknowledge that use of Fitness Center facilities is on an independent basis and members personally assume such risks as reasonably expected in doing so.**
- 5. Use of the Fitness Center does not in any way imply an obligation of the member to Massabesic Health Resources professional physical therapy services.**
- 6. MHR holds no obligation to treat a member for injuries from use of the facilities as a Fitness Member.**

**Print Name:** \_\_\_\_\_

**Sign Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_



# FITNESS CENTER

Rt# 202 Waterboro, ME 04087 - Tel# 207-247-3216 Fax# 207-247-3217

HO <i>f</i> IRS	MON-TH <i>f</i> IRS	5:30 AM to 8:00 PM
	FRIDAY	5:30 AM to 7:00 PM
	SAT <i>f</i> IRDAY	7:00 AM to 12 NOON

**Massabesic Fitness Center** is dedicated to providing you w<sup>t</sup>h the opportunity to improve your health and fitness level.

Massabesic Fitness Center has the right to decline membership to any person who may not be appropriate for our unsupervised fitness program.

## GENEAL POLICIES

1. Members must be 16 years or older to use the Fitness Center. Apyone 13-15 years old may use Massabesic Fitness Center with a directly supervising adult 18 years of age or older.
2. No food or drt<sup>n</sup>k in the fitness area. Water is allowed in plastic capped containers.
3. No street shoes in gym area. Please bring gym shoes to wear during workout.
4. Proper gym attire is required: T shirt or tank top, shorts or pants and proper footwear will be worn at all times.
5. Please wipe off gym equipment seats, pads, controls etc. when you are finished. Thank you for this courtesy it will be appreciated by our members and staff.
6. Promptly report any problems with equipment or other members to our staff.
7. Membership fees are non-refundable & non-transferable. Membership will not be extended or frozen except in cases of a medical emergency. Vacations or members lack of attendance will not warrant an extension. Please take into account your schedule and all personal activities before enrolling as a member.
8. [n order to avoid confusion, a "One Month" membership is 30 consecutive days and not 30 separate visits to this facility. Your month begins on the first day you use the Fitness Center.
9. We reserve the right to close due to inclement weather. Please call ahead to ensure we are open.
10. We w<sup>t</sup>ll be closed for most major holidays, and other holidays we may be open with abbreviated hours. The hours w<sup>t</sup>ll be posted in the gym area and on the bulletin board. Durt<sup>n</sup>g the week between Chrt<sup>s</sup>tmas and New Years our fitness hours will also be reduced.
11. Any persons with bowel or bladder incontinence w<sup>t</sup>ll not be permitted pool access.

## Orientations

Or<sup>t</sup>entation sessions w<sup>t</sup>ll be by **appointment** for Cybex and/or cardiovascular machine instruction. This is not to be confused with a personal tra<sup>n</sup>ing session, which is more specific to your personal needs.



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### **CYBEX MACHINE POLICIES**

1. Check seat and weight setting prior to using each piece of equipment
2. Do not drop or slam the weight plates.
3. When doing multiple sets, allow others to use the equipment during your resting phase.
4. Exit the equipment promptly when your workout is finished.
5. A shirt and enclosed shoes must be worn when using the equipment.

### **FREE WEIGHT AREA POLICIES**

1. Please re-rack dumbbells and plates after use.
2. Do not drop or slam weights.
3. Do not hang from the cable crossover machine.

### **CARDIOVASCULAR EQUIPMENT POLICIES**

1. Equipment is on a first come, first serve basis.
2. Please sign up on the clipboards during busy times. The only person you may sign up is yourself.
3. Please limit your usage to 30 minutes at one time.
4. Return controls to their starting position when finished.

### **POOL POLICIES**

1. Pool use is limited to one hour per visit.
2. Soap shower before and after pool use.
3. Water shoes are recommended but not required.
4. No diving or horseplay!
5. Limited pool hours for fitness members, check pool schedule for open fitness use. Open pool hours will be posted and may be subject to change.
6. Pool may be closed without advance notice for maintenance and/or safety issues. We apologize for the inconvenience this may cause.
7. The pool is a therapeutic pool, not a pool for swimming laps.

We look forward to providing you with the opportunity to work toward your fitness goals!!!



392 Main Street  
Waterboro, Me.  
Ph:207-247-3216  
Fax:207-247-3217

### **Individual Pre-paid Membership Rates:**

#### **Monthly Rates**

One Month - \$50.00  
Three Months - \$112.00  
Six Months - \$215.00  
One Year - \$400.00

#### **Senior Rates (over 65)**

One Month - \$48.00  
Three Months - \$107.00  
Six Months - \$204.00  
One Year - \$380.00

### **Family Pre-paid Membership Rates:** **(same household immediate family only)**

#### **2 people:**

One Month - \$94.00  
Three Months - \$214.00  
Six Months - \$413.00  
One Year - \$775.00

#### **3 people:**

One Month - \$125.00  
Three Months - \$315.00  
Six Months - \$600.00  
One Year - \$1125.00

#### **4 people:**

One Month - \$160.00  
Three Months - \$413.00  
Six Months - \$775.00  
One Year - \$1450.00

#### **\*2 people over age 65:**

One Month - \$89.00  
Three Months - \$203.00  
Six Months - \$392.00  
One Year - \$736.00

**\*For this to apply, both must be 65 or older**

**One Day Pass: \$10.00 per person**  
**One Week Pass: \$20.00 per person**

**\*Senior Citizen Discount: 5%, for those that are 65 and older. Applies to all rates above except for any specials or promotions Foothills may be running.**

# **POOL SCHEDULE FOR FITNESS MEMBERS**

**5:30 AM TO 8:00 AM**

**OPEN TO FITNESS MEMBERS**

**10:00 AM TO 12 NOON**

**OPEN TO FITNESS MEMBERS**

**3:00 PM TO 6:00 PM**

**OPEN TO FITNESS MEMBERS\***

**\*POOL CLOSURES AT 4 PM ON FRIDAYS AND  
IS CLOSED ON SATURDAYS**

**POOL IS LIMITED TO ONE HOUR PER VISIT**

