



The Den Member Form (Family Member)

First Name: _____ Last Name: _____

E-Mail Address: _____ Phone #: _____

Date Of Birth: _____ Gender: M F

Account Holder's Name: _____

I, _____, understand that I must fulfill my membership contract time. If I choose to cancel my contract prior to the contract date, there will be a \$150.00 charge. I also understand I can put my membership on hold a maximum of two times per year with an end date set.

Member Signature

Date

Parent/Guardian Signature (if under 18 years old)

Date

Please see reverse side for The Den's waiver of liability



Membership Agreement and Release of Liability

In consideration of my use of the exercise equipment and facilities provided by the company, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the company and its insurers, employees, officers, directors, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me, on, or about the premises, or as a result of the use of the equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the company. By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and I hereby fully and forever release and discharge the company, its insurers, employees, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities.

I expressly agree to indemnify and hold the company harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me or my guest.

I agree to be solely responsible for safety and well-being of myself. I understand that the company does not provide supervision, instruction, or assistance for the use of the facilities/equipment during non-staffed hours.

I agree to comply with all the policies imposed by the company regarding the use of the facilities and equipment. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose.

I understand and acknowledge that the use of exercise equipment involves risk of serious injury, including permanent disability and death.

I understand and agree that the company is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

I understand and agree that my use of the facilities and equipment is only to be undertaken on my own personal time, and that my use of the facilities/equipment is not within the course or scope of my employment.

I HAVE READ THE FOREGOING MEMBERSHIP AGREEMENT AND RELEASE OF LIABILITY INCLUDING THE POLICIES, AND VOLUNTARILY AGREE TO THIS DOCUMENT BY SIGNING BELOW.

Member Signature

Date

Parent/Guardian Signature (if under 18 years old)

Date

It is highly recommended that you consult your physician before engaging in a new fitness program.



POLICIES

Den MEMBERS & GUESTS

By signing the Membership Agreement, you acknowledge that you are physically able to engage in any activity, program, or training provided and agree that all exercises and use of this facility are undertaken at your sole risk. You also agree to accept full responsibility for all personal belongings. Derogatory remarks involving any other member or club personnel will not be permitted. You agree to all policies listed below.

PROPER CLOTHING AND STORAGE

- Appropriate clean shoes only. **No street** shoes, boots, or sandals are allowed in workout areas.
- All other clothing and shoes must be kept in cubby storage areas and personal items are not to be stored in the bathrooms. Please keep all valuables at home. We are not responsible for any lost or stolen items.

EQUIPMENT AND FACILITY USAGE

- Please be courteous at all times. This includes respectful and proper use of equipment and the facility.
- Be mindful of time limits on equipment. This includes 30-minute time limit on cardio and not sitting on strength equipment while you are resting.
- There is no tolerance for bullying, harassment, or malicious damage to property.
- **ALL** members must swipe their fob upon entry to the building during staffed and non-staffed hours.
- Do not let non-members into The Den
- Guests are allowed one trial visit during staffed hours only. Out of town guests can use the facility by paying a \$5 drop-in fee. Guests must fill out appropriate paperwork with staff prior to usage.
- Keep hands and feet away from all moving parts of equipment and weight stacks.
- DO NOT attempt to repair or adjust any equipment that has malfunctioned.
- Report any equipment problems immediately to the staff or leave a message at 319-404-7844.
- Use the grey and black towels and disinfectant spray to wipe off equipment and benches after use.
- If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.
- Children under 14 must be accompanied by an adult 18 or over.
- Rack all weights and put all equipment back in its proper storage area after each use.
- Always use a spotter when attempting maximum weight.
- Do NOT drop or slam the weights for any reason.

3-STRIKE POLICY

For any rule-breaking or safety violations, members will first be given a polite verbal warning to make them aware of the behavior. If the member is under 18, a notification will be sent to the parent. If another violation occurs, a second warning will be given along with a 2-week suspension from The Den. On the 3rd strike, the membership will be cancelled. The member will not be able to restart their membership until 6 months after the cancellation date. No refunds or credits will be given due to missed days for inappropriate behavior.

THE DEN DECREE

All members and guests are required to have fun. We are here to help you reach your fitness goals and provide you with a safe workout environment. Please let us know if you have any questions or recommendations on how we can best serve your needs.