

**Wellness Center User  
Waiver of Liability/Informed Consent**

I, \_\_\_\_\_ have chosen to engage in a physical activity that may include but is not limited to aquatic exercise, aerobic exercise, strength training and the use of various aerobic-and strength conditioning machinery available at the Northfield Wellness Center.

If I have a medical condition, now or in the future, that may limit my use of the facility or my participation in an activity, I will secure a medical release from my doctor before beginning or continuing in an exercise program and will follow all recommendations indicated by my physician throughout my participation.

**I understand that I am responsible for monitoring my own condition throughout any exercise program,** and should any unusual symptoms occur, I will cease my participation and inform my physician of the symptoms.

**I fully understand that any form of exercise carries risk of injury.** In consideration of my participation in the Northfield Senior Wellness Center programs, I hereby release Northfield Senior Citizens, Inc. (NSC), the city of Northfield, and all NSC employees, volunteers, instructors and independent contractors such as Personal Trainers or Physical Therapists from: Any liability, claims, demands and causes of action now or in the future for myself, my heirs and assigns, for injuries that include, but are not limited to: heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and any and all other illness, soreness, or injury, however caused, during or after my participation in Senior Wellness Center programs.

\_\_\_\_\_ I hereby affirm that I have read and fully understand the above.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Membership Information**

Name (s) \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Phone (s) \_\_\_\_\_

Birthdate (s) \_\_\_\_\_

Membership Option \_\_\_\_\_ Fee \$ \_\_\_\_\_

New  Renewal

BCBS SilverSneakers UCare HealthPartners

Newsletter: Mail E-mail Pick up at the Center

I would like to be contacted about volunteering.

How did you hear about us?

**Annual Memberships and Fees Effective January 1, 2011**

MEMBERSHIP OPTIONS	Affiliate (80+)		General		Fitness		Aqua		Gold		Platinum	
	Single	Couple	Single	Couple	Single	Couple	Single	Couple	Single	Couple	Single	Couple
MEMBERSHIP FEATURES												
Annual Membership Cost	\$32	\$52	\$44	\$74	\$242	\$433	\$242	\$433	\$320	\$554	\$466	\$777
Monthly ATF Cost	-		-		\$26	\$45	\$26	\$45	\$32	\$55	\$43	\$72
Open Use, Fitness Room	\$3		\$3		X		\$3		X		X	
Open Use, Pool	\$3		\$3		\$3		X		X		X	
Classes - Fitness or Aqua	\$6		\$6		\$6		\$6		\$6		X	
Other Classes	Fee		Fee		Fee		Fee		Fee		X	
Fitness Groups	\$3		\$3		X		\$3		X		X	
Aqua Groups	\$3		\$3		\$3		X		X		X	
Other Groups	\$1		\$1		\$1		\$1		\$1		X	

Punch cards with ten punches (a \$30 value) are available for \$25. The punch cards can be used for open pool or open fitness use with one punch. Aqua or fitness class require two punches.

Memberships to Northfield Senior Center provide access to the fitness room, warm water pool, sauna, whirlpool, computers, group and social activities, special events, member rates for classes and services, monthly newsletter, member guest passes, pool rental and room rental. ( X ) indicates this feature is included in your designated membership fee. All memberships are annual and need to be renewed on the anniversary date. Note: Automatic Transfer of Funds (ATF) options require an additional form be turned in with this membership form. Membership is open to anyone 50 or older. All personal information on this form is confidential.