

# Open Gym Rules

**General Information** Open Gym is a time when the Riverside Chiropractic Fitness Center will be open for individual workout. This is an unsupervised and at your own risk activity.

## **Who May Participate**

Individuals 16 years of age and older ((7 years and older with direct adult supervision)). All individuals under 18 years of age are required to have a parent sign the attached waiver form.

## **Basic Information**

- ◆ Riverside Chiropractic Fitness Center will be open during our normal business hours:
  - Monday 9-1, 3-5
  - Tuesday, Wednesday, Thursday 9-1, 3-7
  - Friday 9-1
  - Saturday 9-12.
  
- ◆ Cost is \$40 per calendar month. This is due the first day you use the Fitness Center. There are no additional fees or contracts.

## **Basic Rules**

- ◆ Open Gym is to be used as exercise time. Interfering in any way with fellow participants will not be tolerated and you will be told to leave.
- ◆ NO food will be allowed. Water only, please!
- ◆ Profanity, damage to gym equipment, and/or disrespect/disregard for the other participants will be grounds for termination of your ability to participate in Fitness Center use.
- ◆ You will be financially responsible for any damage or loss resulting from intentional misuse of equipment.
- ◆ Open cuts or abrasions must be covered.
- ◆ Only 1 person allowed on equipment at a time.
- ◆ For your safety, be aware of your surroundings as participants may be exercising around you.
- ◆ If any of these rules are not followed, you will be asked to leave without refund.
- ◆ Riverside Chiropractic Center staff have the right to deny any person from attending Open Gyms and reserve the right to ask any participant or friend(s) of participants of Open Gyms to leave at any time for any reason.

**By signing below I consent that I have read, fully understand, and agree to respect and abide by the information outlined above.**

Participant's Name (Please Print) : \_\_\_\_\_

Parent / Guardian name if a minor (Please Print): \_\_\_\_\_

Signature of Participant: \_\_\_\_\_

Signature of Parent/Guardian if a minor: \_\_\_\_\_