



Little's Health and Fitness Center

Ph: 336-877-7474

Primary Member (PLEASE PRINT)		Member Code	Fob Number
Name		Date of Birth	Gender M F
Address		Employer	
City/State/Zip		Work Phone	
Phone	Cell Phone	Emergency Contact	
Email		Emergency Contact Phone	

Secondary Member (PLEASE PRINT)		Member Code	Fob Number
Name		Date of Birth	Gender M F
Address		Employer	
City/State/Zip		Work Phone	
Phone	Cell Phone	Emergency Contact	
Email		Emergency Contact Phone	

Other Family Members			
Name	Date of Birth	Gender M F	Fob #
Name	Date of Birth	Gender M F	Fob #

GENERAL INFORMATION

Are you happy with your fitness level? Yes No

What would you like to improve? muscle toning cardio core/balance

How often do you exercise now? None 1-2 times a week 3-5 times a week every day

Would you or another family member be interested in talking to a trainer? Yes No

COMMENTS/EXPECTATIONS:

NONDISCRIMINATION OF MEMBERSHIP: Membership is open to any individual(s) of good character and responsible background and shall not be based or limited on gender, race, color, ethnic descent, creed, religion nor disability or handicap or any other protected classification nor any aspect of such matters ever be made a condition of membership. All applications for membership are subject to approval by Little's Health & Fitness Center (LH&FC), which shall have sole discretion to approve or reject application.

WAIVER AND RELEASE OF LIABILITY: Little's Health & Fitness Center urges you and all members to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise classes. All exercises, including the use of free weights and use of any and all machinery, equipment and apparatus designed for exercising shall be at the member's sole risk. Member understands that this agreement to use, or selection of exercise programs, methods and types of equipment shall be member's entire responsibility, and LH&FC shall not be liable for any claims, demands, injuries, damages or actions arising due to injury to member's person or property arising out of or in connection with the use by member of the services, facilities and premises of LH&FC. Member hereby holds LH&FC, it's officers, owners, agents, and employees harmless from all claims which may be brought against them by a member or on a member's behalf for any such injury or claims.

I am aware that participation in a sport or health and fitness training program or workshop may result in accident or in injury and I assume all risk connected with the program or workshop with which I am participating. I am in good health and suffer from no physical impairment that would limit the use of any and all facilities used as part of my program. All members utilizing the equipment at LH&FC must be at least 14 years of age and the parent of the minor member assumes full responsibility for supervision of said minor while minor is on property.

I acknowledge that LH&FC or any agent of this business will not render any medical services including but not limited to diagnosis of my physical condition. I specifically agree that LH&FC, or any agent shall not be liable for any claim, demand, cause of action of any kind whatsoever on account of death, personal injury, property damage or loss of any kind resulting from or related to my use of any or all facilities used in my training or participation in any sport, exercise or activity within or outside the facilities premises and I agree to hold LH&FC harmless for the same.

GYM CONDUCT: Swearing and vulgarity will not be tolerated. Abuse of equipment will not be tolerated. Be considerate and share equipment. Clean up after yourself and replace equipment after use. Any disruptive members will be subject to having their membership revoked. Absolutely NO alcohol, tobacco or drugs in the club. NO persons under the age of 14 allowed in the club unless accompanied by an adult or in the designated childcare area. Small children are not permitted on equipment!

DRESS CODE: Shirt, or tank top, and clean shoes must be worn at all times!

During Unmanned Hours Everyone who enters MUST have and use their own Key Fob

24 HOUR POLICIES/RULES AND REGULATIONS: Little's Health and Fitness Center is not responsible for any personal items left in or around the facility. **DO NOT open the door for anyone.** Each and every member has their own Key Fob. Your Key Fob is for you alone. **Do not allow anyone else to use your Key Fob.** Do not scan Key Fob to enter more than yourself. If you let anyone into the facility or borrow your Key Fob you will be fined \$50 on the first offense. The second offense you will be expelled from the club. Allowing entry to unauthorized person creates a severe liability to the club and security risk to the members. **All guests must fill out our intake form and pay for the day to attend. Absolutely no one is to bring a guest after hours.**

LH&FC is monitored 24 hours a day, 7 days a week for the safety and protection of the facility and it's members.

Please be aware of your surroundings and take caution when working out during unmanned hours. Lock cars and call 911 in case of an emergency. Use good safety practice while working out. We recommend finding a workout partner. Always use a spotter when lifting heavy free weights. Keep locker rooms clean. Make sure faucets, shower and toilets are not running. If equipment or locker room fixtures break or malfunction please stop using and notify management immediately. Everything in LH&FC belongs to LH&FC. Absolutely no dropping or slamming weights down!

Unlawful destruction of property in or around property will be pursued to the limits of law allows.

Little's Health & Fitness Center may, in its sole discretion, modify the Policies and Rules at any time. It is your responsibility to know and follow the most current Policies and Rules. All approved signs posted in the club or on the premises shall be considered a part of the Policies and Rules of LH&FC.

Member/Guest Signature _____ **Date** _____

Secondary Member Signature _____ **Date** _____

Participants 14-17 years of age need a signature of a guardian to be in the club.

As legal guardian of _____ I consent to the above terms and conditions. Signed

PAYMENT AGREEMENT INFORMATION		PRE-AUTHORIZED MONTHLY PAYMENT INFORMATION	
Membership Type: Paid-in-Full Open End		Name on Account	
Effective Start Date	Membership Ends	Form of Payment: Checking - Savings	Card: VISA - MC - Discover - AMEX
Cost per Month	Other Fees	Bank Name	Credit Card #
Initiation Fee	Balance Due Today	Routing #	Expiration Date
Comments:		Checking/Savings Acct #	V Code

_____ (INITIAL) **MEMBERSHIP AND FEES:** Your membership can be paid monthly or yearly. A guest may also purchase a day pass. There is a **\$20.00 Annual Equipment Maintenance Fee** for each member on or around October 5th of every year that the membership is active/current. If your Key Fob is lost or stolen or damaged, there is a \$5.00 replacement fee. If there is a lapse in membership due to cancellation, upon return a new membership fee could apply. **All EFT memberships are open ended and will automatically renew at the end of one year.**

BUYERS RIGHT TO CANCEL: Any holder of this consumer credit agreement is subject to all claims and defenses which the buyer/member could assert against LH&FC as a result of the agreement. Recovery by the buyer/member shall not exceed the total amount paid by the buyer/member to the club pursuant to this agreement. You the buyer/member may cancel this agreement by midnight of the club's 3rd business day after the date of this agreement, and such cancellation must be in writing to the club. In the event that LH&FC closes and ceases doing business, you are no longer obligated to make a payment under this agreement.

_____ (INITIAL) I agree to pay Little's Health and Fitness Center the full cost of my membership. If by any reason of death or permanent disability, the buyer is unable to continue this membership, buyer and buyer's estate shall be relieved from the obligations of this agreement and if the buyer has prepaid any sum, the prorated amount shall be promptly refunded. Failure to utilize facilities is not cause for cancellation. All memberships are nonrefundable unless otherwise noted herein. Membership "Freezes" are not permitted. In the case of a temporary medical disability or other emergency, time will be added to the end of a membership upon receipt of a licensed physician's written verification of same. Should member permanently move their residence more than 35 miles from an affiliated area, payment on the agreement will suspend upon payment of an appropriate cancellation fee of \$50.00 and legitimate verification of the move. I have read the Cancellation Policy and fully understand its contents. I voluntarily agree to the terms and conditions.

Should you default on any payment obligation as called for in this agreement, the entire remaining balance shall be deemed due and payable upon demand, and you agree to pay allowable interest, all cost of collection, including, but not limited to, collection agency fees, court costs and attorney's fees. All returned payments will be charged a **\$30.00** return fee. Should any recurring contract dues become more than 10 days past due, you will be charged a **5%** late fee (up to \$15.00) to cover additional administrative expenses and other expenses related to collect your payment.

I agree to make my payments to Little's Health & Fitness Center through its pre-authorized payment program. I hereby Authorize my bank or credit card company to make my payment for dues, any unpaid past dues, and other fees, taxes or charges from the account I used to pay for the total due today or from the account shown above. Membership may be cancelled with 30 days notice when initial agreement has been fulfilled.

Signature of Card Holder _____

If you wish to cancel this Membership Agreement please read "Buyers Right to Cancel"