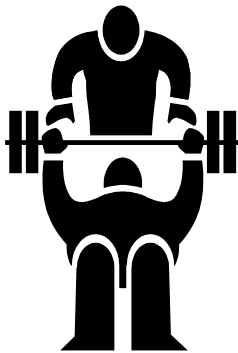


Bendheim Western Greenwich Civic Center
Weight Club
Weight Exercise Room

Weight Room Equipment



Hammer Chest Press
Seated Back Row
Lat Pull Down
Leg Extension
Leg Curl
Sit up Board
Seated Calf Raise
Leg Press
Decline Bench
Flat Bench
Incline Bench
Power Rack
Fly Machine
Seated Curl
Cable Machine
Dumbbells
Back Extension Machine
T Row Machine
Smith Machine
Treadmill
Exercise Bike and Stepper



Annual Membership fees:

Annual membership - \$200.00/per person
Please make checks payable to the
Western Greenwich Civic Center Weight Club

Weight Room hours:

Mon. - Friday: 8 a.m. - 9 p.m.
Saturdays: 9 a.m. - 7:30 p.m.
Sundays: 9 a.m. - 5:30 p.m.

Age requirements: The weight club is for anyone 18 years of age and older.

Anyone wishing to join the Weight Club should call
Denny Delaurentis at
845-656-1572

WEIGHT ROOM PARTICIPATION AGREEMENT

All participants prior to involvement in any exercise program should obtain a physician's examination.

By signing this agreement, I represent to the Town of Greenwich, Department of Parks and Recreation that:

- 1) I acknowledge that I desire to participate in and perform in exercise and fitness programs at the Bendheim Western Greenwich Civic Center.
- 2) I acknowledge that my use of any exercise equipment in this fitness program will place a stress on my body and that I will be solely responsible for knowing my own medical conditions and whether my body will tolerate such fitness programs. I agree to assume the risk of injury which may result from the use of this equipment. I represent that I do not have any limiting physical conditions or disability which would preclude my participation.
- 3) I acknowledge and understand that the Town of Greenwich including the Department of Parks and Recreation and the employees thereof do not maintain any type of medical or accident insurance for participants in these types of programs.
- 4) I acknowledge, understand and agree that as a condition of participating in this program, The Town of Greenwich nor its Parks and Recreation Department will not have a full time attendant or supervisor in the center for such fitness programs, and it is my full responsibility to educate myself as to the safe and proper use of any equipment or participation in such programs.
- 5) I represent that I will maintain adequate medical insurance and/or will rely on my own resources to pay for any injury resulting from my use of any equipment with which I am not familiar or from my misuse of any equipment.
- 6) I acknowledge, understand and agree that I will not use any equipment for which I do not know the safe and proper use and agree that I will not misuse any equipment. I hereby assume the risk of injury resulting from my use of any equipment with which I am not familiar or from my misuse of any equipment.
- 7) I acknowledge, understand and agree that I shall hold the Town of Greenwich and or any Parks and Recreation employee harmless from any and all claims, actions, suits, proceedings, costs, expenses, damages and liabilities arising out of or connected with my participation in this program.

I have been made fully aware of these conditions, agree to these conditions, knowing that the Town of Greenwich, its officers, employees and volunteers involved in the program rely on these representations.

Make checks payable to: The Western Greenwich Civic Center Weight Club

Signature

Print Full Name

Date

Home Address

Home Phone

Cell Phone

Weight Room Rules

1. All weights must be put back on weight trees after use.
2. No guests allowed.
3. Dropping dumbbells is not allowed under any circumstances.
4. All members are required to sign the member sign-in sheet.
(MUST BE LEGIBLE & NO EXCEPTIONS)
5. **DO NOT** share the door combination to non-members.
6. **NO LOUD MUSIC.**
7. Use mats for deadlifting.
8. Members must have a spotter when using heavy weights.
9. **DO NOT** place bars, weights, or dumbbells on upholstery of the benches.
10. **NO CHALK** permitted.
11. Wipe down benches and equipment after each use.

**Any member violating these club rules is subject
to their membership being terminated.**

SIGNATURE

PRINT FULL NAME

DATE