

NATURE POINTE HOMEOWNER'S ASSOCIATION

Wellness Center Member/Guest Contract

As a guest of the Wellness Center, I agree to:

- Complete an orientation with the manager & signed Liability Waiver prior to us.
- Exercise a minimum of 5 minutes (20 minutes preferred) on the cardio machines prior to stretching or weight training to warm up muscles.
- Owner must spend a minimum of 30 minutes with their guest at guest's first visit to ensure familiarity with equipment.
- Owner's children 12 to 15 are only allowed to operate equipment while parent or other NP Adult is in attendance. Guests under 18 are not allowed in Wellness Center.
- Owner's children 16 and 17 are only allowed to operate weight equipment after completing orientation by manager and signature of liability waiver by parent.
- Proper clothing and footwear (no sandals) suitable for exercising must be worn.
- Equipment must be wiped down following use.
- Participants shall not operate equipment they are not familiar with.
- Prior to beginning any exercise program, it is recommended that you consult with your physician and a certified trainer.
- If you experience abnormal symptoms, such as dizziness, nausea or chest pain consult physician immediately.
- Manuals, diagrams and posters are available for your information on correct use of equipment. It is required that you review the Physical Activity Readiness Questionnaire and the Health History Questionnaire located next to the Guest Sign-in sheets. Nature Pointe does not have physician or professional to review sheets.
- If you have a heart condition, pregnant, diabetes, emphysema, back or joint problems, high blood pressure, high cholesterol, smoke, sedentary, taking medications then you **should** consult with a physician prior to exercise program. Nature Pointe does not provide analysis on your suitability to exercise and how to use equipment

Owners and guests who use the Wellness Center agree to indemnify and hold Nature Pointe, Managers, the Board of Directors, Members, and the Developer, harmless from any and all claims or damages of any kind resulting in whole or in part from the negligence or misconduct (intentional or otherwise) or violation of these Rules by the Owner, the Owner's family and/or guests.*

Guest Signature

Guest name (printed)

Date

Host/Member Signature

Host name (printed)

Date

*In signing this contract you relinquish any and all liability rights in the event of accidental injury or death, therefore deeming Nature Pointe a non-responsible party.