



Fitness and Personal Training Studio

MEMBERSHIP FORM

MEMBERSHIP POLICIES & CLUB RULES

Rachel's Body Shop designed the Membership Policies ("Policies") and the club rules, including rules listed here and rules posted in clubs ("Rules") to ensure a safer and more enjoyable environment in which to exercise. So, please be thoughtful and observe the Policies and Rules that you, and all members, have agreed to follow. Rachel's Body Shop may, in its sole discretion, modify the Policies and Rules without notice at any time. It's your responsibility to know and follow the most current Policies and Rules. All approved signs posted in a club or on the premises shall be considered a part of the Policies and Rachel's Body Shop.

EQUAL OPPORTUNITY POLICY STATEMENT

Rachel's Body Shop, enrolls and maintains memberships without regard to race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, marital status, sex, sexual orientation or age. It is further club policy that no circumstance or conduct undertaken by club personnel shall have the effect of discrimination on the basis of any of the aforementioned classifications. All club members shall have full and equal access to the club facility. All members with disabilities shall be entitled to reasonable accommodations for their physical and mental impairments.

GUEST PRIVILEGES

Rachel's Body Shop encourages you to bring friends, relatives and business associates for a guest visit. We strongly recommend that you make an appointment for your guest's visit and a tour/orientation may be required. A guest must check in at the front desk, be at least 18 years of age, sign a medical and injury release form and pay a guest fee before using Rachel's Body Shop facilities. You must inform guests about these Policies.

LOCKERS

Rachel's Body Shop provides lockers for your use on a daily basis only and suggests the use a lock to protect your property. Do not leave valuable property in a locker at any time. Rachel's Body Shop is not responsible for any theft of or damage to your property. If you leave a lock on the locker overnight, Rachel's Body Shop has the right to cut it off. Rachel's Body Shop will consider your property abandoned if left overnight. If you leave your property overnight, Rachel's Body Shop shall have the right to donate your property to charity. Select lockers are available for rent. See staff for further details.

DRESS / CHANGING / TOWEL POLICY

Rachel's Body Shop requires you to wear appropriate clothing and footwear while in its facilities. Here are general guidelines: gym shorts, T-shirts, jogging, aerobic and sweat outfits are all right for exercising or aerobics. No open toed shoes. There is one dressing room within the facility. Changing may also occur within the lobby restroom stalls. You must have a towel with you during workouts to protect and clean the machines you use.

CONFLICTS REGARDING USE

Please don't linger on the equipment because other members may want to use it. No member should monopolize the equipment or weights. Please observe gym etiquette. If there is a usage conflict, let Rachel's Body Shop mgmt. resolve it.

WEIGHTS AND OTHER EQUIPMENT

There are specific Rules posted regarding the use of the weights and other equipment in Rachel's Body Shop facilities. As a courtesy, please replace the weights on the rack after you use them. Please use the provided towels and disinfectant spray to wipe off any benches and equipment after your use.

NO SOLICITATION

Rachel's Body Shop facilities are provided for the private use of club members only and are not open to the public. Any solicitation within the club is absolutely forbidden. This includes, for example: solicitation for profit, political purposes or any other reason; use



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of petitions; distributing or posting leaflets, notices or advertising anywhere in a club facility; or leaving multiple copies of leaflets or other papers in the club.

GENERAL POLICIES FOR MINORS

Rachel's Body Shop requires all members to be over the age of 18. Minors under the age of 18 may not use the facility at any time.

PROHIBITED ITEMS AND ACTIVITIES

- **No Alcohol, Drugs, or Smoking:** You cannot engage in any activity at Rachel's Body Shop while under the influence of illegal drugs or alcohol. Rachel's Body Shop does not permit smoking, alcohol, or illegal drugs, including steroids, in any of its facilities.
- **No Weapons:** No weapons of any kind are permitted in Rachel's Body Shop facility.
- **No Photographic or Video Equipment:** No photography, videotaping, filming or audio recording in Rachel's Body Shop facility without prior written permission of the management.
- **Food & Beverages:** Rachel's Body Shop reserves the right to limit the consumption of food or beverages in workout areas.
- **Personal Training:** No member may train another member for compensation. If Rachel's Body Shop determines that such training occurs at Rachel's Body Shop facility, the trainer and/or trainee may lose their membership.

CONDUCT

While in Rachel's Body Shop facility, Rachel's Body Shop does not permit and will not tolerate any inappropriate conduct. Such conduct includes, without limitation, using loud, abusive, offensive, insulting, demeaning language, profanity, lewd conduct or any conduct that harasses or is bothersome to members, guests or Rachel's Body Shop employees.

VIOLATION OF POLICIES OR RULES

If any member or guest violates any of the Policies or Rules, Rachel's Body Shop will ask that person to stop or leave. A member's violation of any of the Policies or Rules may also cause Rachel's Body Shop in its sole discretion, to terminate that person's membership and/or other agreements.

MEMBERSHIP FREEZE RULES

You may be eligible to freeze your membership for a temporary or extended period upon proof of the following: Medical reasons, Military service, Temporary job transfer, extended volunteer assignment. If you freeze your membership within the initial commitment period, your commitment period and obligation will be extended for the amount of time your membership was on freeze.

CANCELLATION INFORMATION

- **3 Day Cancellation Right:**
You are entitled to a 3 business day period (3 day period) to notify Rachel's Body Shop that you wish to cancel your agreement and receive a full refund.
- **After the 3 Day Period:**
You may not cancel your membership during the Commitment Period (or get a refund), After the Commitment Period, you may cancel your membership by providing written notice to the following address: Rachel's Body Shop 20829 72nd Ave S, Suite 110, Kent WA 98032 or writing a cancellation request to email: rachelsbodyshop@comcast.net. The notice must say that you no longer wish to be bound by the contract. Upon receipt of your request to cancel your membership, your club access and membership will end.

DUES INCREASE

- Monthly dues may only be increased a maximum of 8%, once per calendar year
- No increase within the initial commitment period of your membership



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ARBITRATION AGREEMENT AND WAIVER OF CLASS ACTION AND JURY RIGHTS

All disputes between you and us, except personal injury claims, will be resolved through binding arbitration or small claims court. Any arbitration under this agreement will take place on an individual basis; class arbitrations and class actions are not permitted. Personal injury claims are not subject to arbitration; personal injury claims will be handled in the courts.

TERMINATION FOR CAUSE BY RACHEL'S BODY SHOP

Rachel's Body Shop may, at its option, terminate your membership if (1) you fail to complete all signature lines and required initial blocks, (2) you fail to make timely payments under any payment plan, (3) any monthly payments or dues are late, (4) the monthly EFT/RCC payments or dues are interrupted or discontinued for any reason., (5) you fail to follow any of membership policies or club rules or violate any part of this agreement, or (6) your conduct is improper or harmful to the best interest of or its members. Termination is effective on the date Rachel's Body Shop mails a written notice to your last known address. You are liable for all financial obligations until that date.

RELEASE OF LIABILITY AND ASSUMPTION OF RISK

Using the Rachel's Body Shop facility, services, or activities involves the risk of injury to you or your guest, whether you or someone else causes it. Specific risks vary from one activity to another and the risks range from minor to major injuries, such as catastrophic injuries including death. **In consideration of your acceptance of the benefits under this agreement, you understand and voluntarily accept this risk and agree that Rachel's Body Shop nor Fountainhead NW, its officers, directors, employees, volunteers, agents and independent contractors will not be liable for any injury, including, without limitation, personal, bodily, or mental injury, economic loss or any damage to you, your spouse, guests, unborn child, or relatives resulting from the negligence of Rachel's Body Shop or anyone on Rachel's Body Shop behalf or anyone else whether related to exercise or not.** You agree to indemnify, defend and hold Rachel's Body Shop harmless against any liability, damages, defense costs, including attorneys' fees, or from any other costs incurred in connection with claims for bodily injury, wrongful death or property damage caused by your negligence or other wrongful acts or omissions. You further agree to hold harmless, defend and indemnify Rachel's Body Shop from all liability, damages, defense costs, including attorneys' fees, or from any other costs incurred in connection with claims for bodily injury, wrongful death or property damage brought by you, your guests, or minors, even if Rachel's Body Shop was negligent. Further, you understand and acknowledge that Rachel's Body Shop does not manufacture fitness or other equipment at its facilities but purchases and/or leases equipment. You understand and acknowledge that Rachel's Body Shop is providing recreational services and may not be held liable for defective products.

The signing of this contract indicates you agree and understand all the information stated above.

Executed in Kent, Washington this _____ day of _____, 20_____.

Print Name: _____

Member Signature: _____

