

Fusion Wellness Room Rules

1. A Fusion Wellness ACCIDENT WAIVER AND RELEASE OF LIABILITY/Medical release FORM must be read, and signed prior to use of the Fusion Room.
2. All Weights are to be racked by those using the machine. Clean every machine after each use.
3. Back doors are not to be used, unless in case of an **emergency**. All doors are to remain closed and locked at all times.
4. FOBs must NOT be shared with anyone other than family members who are authorized on that FOB.
5. ONLY FOB holders are allowed in the Fusion Wellness Room unless other arrangements have been made prior to visit.
6. **Gym Hours are from 4:30am to 8:00pm Mon-Sat & 12:00pm-8pm Sundays, and will be closed on Holidays.**
7. **On Wednesday nights, during the season of WOW, from 5:00pm to 8:00pm the Fusion Wellness Room will be open and available for everyone ages 14 and up (to capacity of 25 people). A completed ACCIDENT WAIVER RELEASE AND LIABILITY RELEASE/Medical Release is required before participation for all who access the Fusion Room.**
8. Anyone under the age of 14 is not allowed to participate in the use of the Fusion Room. Those 14-16 years of age must be accompanied by an adult.
9. No food allowed in the Fusion Room.
10. Please bring your own music devices & ear buds for your enjoyment.
11. Spotters MUST be present when using bench press, leg press etc.
12. No Swearing, profanity is offensive and has no place in the Fusion Room.
13. No Smoking!
14. Please wear proper attire, tennis shoes, no jeans etc.
15. Please be careful when you are carrying a weight. Dropping weights on the floor can cause injury to yourself or others and can also damage the equipment itself. Always let the weight down as gently as possible.

Signature

Date