

## RULES & REGULATIONS

NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

E-MAIL ADDRESS where you prefer to receive notifications or general information \_\_\_\_\_

### *Hours of Operation:*

- **Open Gym** . . . . . Monday - Thursday 11am - 3pm; Saturday 10am - 1pm
- **Personal Training** . . . . . *By appointment* Monday - Thursday 11am - 3pm  
Saturday 10am - 1pm, or other hours designated by trainer
- **Massage Services** . . . . . *By appointment* Monday - Thursday 11am - 3pm  
& Saturday 10am - 1pm, or other hours designated by masseuse
- **Nutritional Counseling** . . . . . *By appointment only*
- **Group Classes** . . . . . Evenings 6pm and after. Exact day/time to be designated by instructor

**Personal training/massages/group classes must be scheduled in advance.  
Pre-paid services are not refundable and must be used within 3 months.**

### *Open Gym Regulations:*

- A person must be 18 years of age or older to be in the open gym area.
- This is an independent center; participants must make an appointment for personal training.
- Participants must sign in upon entering the facility.
- Non-members must wait in the waiting room; no children are allowed in the exercise area at any time.
- If you have any questions, please see a Physical Therapist (PT) or Physical Therapy Assistant (PTA).
- We are not responsible for any personal belongings.
- **Priority must be given to current physical therapy patients; therefore, you may occasionally be asked to limit your time on equipment.**

### *Cancellation Policy:*

All services provided *by appointment* require at least a 24 hour cancellation notice or are subject to a \$50.00 cancellation fee.

**I have read and understand the Rules and Regulations for the ARTS Wellness Program.**

\_\_\_\_\_  
PARTICIPANT SIGNATURE

\_\_\_\_\_  
DATE