

# 2600 Association, Inc.

Yaknow Management LLC  
PO Box 5903, Newark, NJ 07105  
2600johnfkennedy@gmail.com  
(201) 966-1768

## **Wellness Center Membership Application Form**

Date: \_\_\_\_\_ Unit#: \_\_\_\_\_

Unit Membership
Name(s):
Email Address:
Phone:
Emergency Contact & Phone:

- I agree to abide by the membership rules and conditions- outlined in the attached membership document
- I agree to respect the facility, equipment and rights of other members
- All family members from my unit using the center have signed a waiver that holds the association harmless.
- I agree to pay the membership fee in one of the three established plans. Please check one below:

**Annual (Only if paid in full in January) payment per unit \$120\_\_\_\_\_**

**Semi Annual per unit \$72\_\_\_\_\_**

**Quarterly per unit \$45 \_\_\_\_\_**

**I understand all rules and regulations that apply and hold the association harmless against any claim arising from any injury I sustain as a result of any training activity in the gym/Wellness Center.**

**Sign\_\_\_\_\_ Date\_\_\_\_\_**

**Sign\_\_\_\_\_ Date\_\_\_\_\_**

Please return this application with signed waiver(s) and your payment (check) to Management

# Wellness Center Rules / Regulations

Welcome to the 2600 Association Wellness Center. The following Rules and Regulations have been established to help ensure your safety and enjoyment of our facility.

1. All owners in good standing and renters at 2600 Association, 18 years and older, are eligible to join. Residents between the ages of 16 and 18 may apply for membership, but must be accompanied at all times by a responsible adult. No one under the age of 16 is permitted in the Wellness Center.
2. Use of this facility is at your own risk.
3. The 2600 Association and Management assume no responsibility for any injury that may occur.
4. All users of the Wellness Center's facilities should consult with their personal physicians to ensure they are in proper physical condition to do so.
5. The Center is open 24 hours a day, 7 days a week.
6. Only use equipment for their intended purpose—follow equipment instructions carefully.
7. Time restrictions may apply to certain equipment (e.g., treadmills, elliptical machines) when the Center is crowded and must be adhered to.
8. Wellness Center members who wish to use the Center's facilities (e.g., TV/DVD equipment) for group sessions (not led by a professional instructor) are permitted to do so. Such sessions must be reserved in advance and the time slots reserved will be posted on the Fitness schedule. TV/DVD usage by any member or group is limited to one hour.
9. Group exercise classes, led by professional instructors, may be offered from time to time, at an additional charge. Class descriptions, sign-up procedures and fees will be posted when such classes are made available.
10. Members should respect time restrictions on use of facilities as well as reservations posted by other users. If a desired time slot has already been reserved, future reservations should be planned accordingly.
11. Proper attire and footwear must be worn at all times (with the exception of Yoga which is generally practiced barefoot). No shoes, sandals or flip-flops are permitted.
12. No food, alcohol, hot beverages, smoking, glass containers or pets are allowed. Please use closed or spill-proof containers for all drinks.
13. Personal property should not be left unattended. The Association and Management are not responsible for any lost or stolen items.
14. Free weights must be returned to racks when not in use.
15. All members are responsible for keeping the Center clean, as well as wiping down equipment when finished.
16. Faulty or damaged equipment should be reported to the building staff and/or building manager immediately.
17. At no time are you permitted to remove any equipment from the Wellness Center, this includes gym equipment, electronics, or any of the training aides (CD's, DVD's).
18. You are responsible for any damages to equipment and/or facilities that are caused from improper use of equipment and/ or not following the rules and regulations as outlined.

WE RESERVE THE RIGHT TO AMEND OR ALTER THESE RULES AND REGULATIONS WITHOUT PRIOR NOTICE AT OUR SOLE DISCRETION. ANY INFRACTIONS OF THESE RULES AND REGULATIONS MAY BE CONSIDERED CAUSE FOR SUSPENSION OF WELLNESS CENTER PRIVILEGES. THOSE NOT ADHERING TO THESE RULES AND REGULATIONS MAY BE EXCLUDED FROM USING THE CENTER.

**IN THE CASE OF AN EMERGENCY CALL 911**

# 2600 Association, Inc.

---

Yaknow Management LLC  
PO Box 5903, Newark, NJ 07105  
2600johnfkennedy@gmail.com  
(201) 966-1768

## WAIVER & RELEASE FORM

Because physical exercise can be strenuous and subject to risk of serious injury, 2600 Association urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member or participant) agree that if you engage in any physical exercise or activity, or use any 2600 Association's Wellness Center amenity on the premises or off premises including any sponsored 2600 Association's Wellness Center event, you do so **entirely at your own risk**. Any discussions with other members or any instructor brought in by 2600 Association regarding changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises **and assume all risks** of injury, illness, or death. 2600 Association is also not responsible for any loss of your personal property.

This waiver and release of liability includes, without limitation, all injuries which may occur, regardless of negligence, as a result of; (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction, (b) the sudden and unforeseen malfunctioning of any equipment (c) our instruction, training, supervision, or dietary recommendations and (d) your slipping and/or falling while in the Wellness Center, or on the Wellness Center premises, including adjacent sidewalks and parking areas.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **release of liability**. You expressly agree to release and discharge 2600 Association, Management and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the 2600 Association or Management for negligence, personal injury, property damage, theft.

Note: Should any part of this agreement be found by a court of law to be against public policy or in violation of any state statute or case precedence, then the remainder of this document will remain in full force.

Signed: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Unit #: \_\_\_\_\_

Dated: \_\_/\_\_/\_\_

**Wellness Assessment Form**

**Name:** \_\_\_\_\_ **Unit:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**What are your Wellness Goals? Indicate in as few words as possible**

Weight Loss \_\_\_\_\_

Weight Gain \_\_\_\_\_

Strength training \_\_\_\_\_

Flexibility \_\_\_\_\_

**Which body part do you want to work on first? Check the order, i.e. a, b, c, d**

- 1. Chest \_\_\_\_\_
- 2. Arms \_\_\_\_\_
- 3. Abs \_\_\_\_\_
- 4. Legs \_\_\_\_\_
- 5. Butt \_\_\_\_\_
- 6. Thighs \_\_\_\_\_

**When do you expect to reach your goals?**

Short Term 3 months or less \_\_\_\_\_

Mid Term 6 months \_\_\_\_\_

Long Term 12 months plus \_\_\_\_\_

**What kind of nutrition plan are you thinking about?**

---

---

**Be sure to take a photo to gauge your progress.**

**Good Luck!!**

*The Wellness Center 2600 The Hague*

*Date:* \_\_\_\_\_