

Brookhollow Fitness Center Enrollment Paperwork

Last		First	Date
<input type="checkbox"/> Male <input type="checkbox"/> Female		DOB ____/____/____	Work Phone
Company Name:		Email:	
Employee # (if applicable)		Security Badge # (last 5 digits)	

Emergency Information

Contact Name:	Home Phone:
Relationship:	Work Phone:
Physician's Name:	Physician's Phone:

Staff Use

Mail List____
Welcome____

New Form

As a member of the Brookhollow Fitness Center, I am aware that payment made after the 1st of each month will incur a **\$10.00 late payment fee.** _____ *Initial.*
Individuals with a delinquent account will be prohibited from use of the Fitness Center.

Company: _____

I am aware that should I to discontinue my membership with Brookhollow Fitness Center, it is my responsibility to pay any outstanding amounts due and bring this form to Platinum Parking during business office hours.

Date: _____

BHFC Badge: _____ Start Date: _____ Amount Paid: _____ Check#: _____

Brookhollow Fitness Center

Price: \$35.18 per month

Terms: All memberships will be on a month to month basis

Eligibility: All Brookhollow tenant employees that have an account with Platinum Parking are welcome to enroll.

Hours of Operation:

Monday-Friday	5:00am – 6:30pm *for access to Fitness Center (The facility will close down at 8:00pm for the night).
Saturday	6:00am - 1:00pm
Sunday	Closed
Holiday Schedule	TBA

Equipment/Facilities Available:

Personal cardio machines with cardio theatre, including ellipticals, treadmills and stationary bikes. We have various resistance training options; pin select, free weights, TRX system, and thera-bands. We also have men and women's locker rooms with showers and towels. One-on-one and partner Personal Training sessions are also available. Complimentary with your membership, members are able to participate in group exercise classes, fitness assessments and staff organized incentive programs.

Payment: Platinum Parking will directly bill you on a month to month basis. Payment must be received before the first of every month or a \$10.00 late fee will be added. The first month's payment is by check, money order or credit card only. There is a non-refundable fee of \$15.00 charge to replace lost, stolen or damaged cards. Your employer will have no involvement with your membership. The fitness agreement is solely between the member and the fitness center. Payment can be made online or by check. Please direct billing questions to Platinum Parking at (713)255-2319.

To become a member, please:

- 1) Complete a membership enrollment packet
- 2) Bring completed forms to the Fitness Center
- 3) Take your Membership Form to the Parking office. You will receive a "Fitness access badge".
- 4) Once you receive your badge, begin using the Brookhollow Fitness Center!

"Our lives change when our habits change."

Brookhollow Fitness Center
FITNESS CENTER RULES AND GUIDELINES

MEMBERSHIP

- The Fitness Center is available for use to all paying members that have completed the Fitness Center enrollment forms for membership.
- All membership payments must be made directly to Platinum Parking (security/badge office). Platinum Parking will directly bill you on a month-to-month basis. Payment must be received before the first of every month or a \$10.00 late fee will be added. The first month's payment is by cash or check only. There is a non-refundable fee of \$15.00 charge to replace lost, stolen or damaged cards. Your employer will have no involvement with your membership. The fitness agreement is solely between the member and the fitness center. Please direct billing questions to Platinum Parking at (713)255-2319..
- Only Brookhollow tenants are allowed to use the Fitness Center. No spouses or guests.
- Members are allowed to use the Fitness Center during operational hours only:
 - Monday-Friday 5:00am -8:00pm
 - Saturday 6:00am- 1:00pm
 - Holiday Schedule TBA

WORKOUT AREAS

- Athletic clothing and footwear is required at all times when on the workout floor.
- Spring collars **MUST** be used when using the Olympic bench.
- Allow others to "work in" between sets; refrain from resting on strength training equipment between sets.
- Do not drop free weights on floor.
- Wipe down fitness equipment and return all dumbbells, free weights and accessories to their appropriate location after each use.
- Only water bottles are permitted, no open containers will be allowed in workout areas.
- Clean mud off of footwear before entering the building from exercising outside.
- Return magazines to storage racks when finished.

LOCKER ROOMS

- Workout bags must be stored in locker rooms.
- Lockers are for day use only; no combination or key locks are to remain on lockers.
- Take all personal belongings with you after you complete your workout.
- Place dirty towels and trash in appropriate receptacle.
- Wipe/rinse down sink area after shaving, brushing your teeth, etc.
- Vanity areas cannot be reserved prior to use. □

LOST AND FOUND

- Lost and found items such as laundry, shoes, toiletries and articles of clothing will be held for 30 days. Each item is dated and stored in the Lost & Found closet, it is up to the individual to retrieve any items found.
- Equipment and accessories must remain on campus at all times.

These rules are subject to change at the discretion of management. Help us to keep the Fitness Center clean and appealing at all times. Remember, the Fitness Center is a place to exercise and enjoy yourself!

I, the undersigned, have read and have understood the Fitness Center Rules as written above. I promise to abide by these rules whenever I enter the Fitness Center.

Date:

Printed name of member:

Signature of member:

WAIVER & RELEASE

(Fitness Center)

I, _____, in consideration of being provided access to the Fitness Center (as defined below), hereby state, acknowledge and agree to the following on this _____ day of _____, 20____:

1. I am at least 18 years of age.
2. I am an on-site employee of _____, which company leases office space in that certain office project known as Brookhollow Central I, II and III located at 2800, 2900, and 2950 North Loop West, Houston, Texas (the "Project").
3. I desire to use the fitness center located on the 1st floor of the Brookhollow Central III building in the Project (the "Fitness Center").
4. I understand that the Fitness Center shall be available on a first-come, first-serve basis each day and will be unmanned and unsupervised. I further understand that any and all employees or agents of the owner of the Project (the "Project Owner") who may be present at any time in the Fitness Center are not trained or authorized to provide health, fitness or medical assistance or advice of any kind. Additionally, to the extent the Project Owner permits classes (exercise or otherwise) to be taught or provided in the Fitness Center, I understand that the instructor is an independent contractor and not an employee or agent of the Project Owner, and therefore, I hereby agree that the Project Owner is not responsible or liable in any manner for the acts or omissions of the instructor.
5. I understand that the Fitness Center may contain various exercise equipment and machinery and that the Project Owner does not represent or warrant in any manner the good working condition of such equipment and machinery. I further understand that exercise and the use of the Fitness Center (including without limitation participation in any exercise classes) are potentially hazardous activities that could result in personal injury as well as death, and as such, I acknowledge that my use of the Fitness Center is purely voluntary on my part and I hereby expressly assume any and all risk of injury or death.
6. I will not permit the use of the Fitness Center by any person not authorized to use the Fitness Center, and I will abide by the rules and regulations for the use of the Fitness Center that are in effect from time to time.
7. I am responsible for paying the Project Owner's standard charge for any access card issued to me in order to gain access to the Fitness Center as well as the Project Owner's standard charge for issuing any replacement cards. I further agree to return any access card to the Project Owner upon the earlier to occur of the end of my employment with my current employer or upon notice from the Project Owner that my access to the Fitness Center is being terminated (which the Owner may do at any time for any reason).
8. **I, FOR MYSELF, MY HEIRS AND REPRESENTATIVES, HEREBY RELEASE, DISCHARGE, WAIVE AND HOLD HARMLESS THE PROJECT OWNER AND ITS AGENTS (INCLUDING WITHOUT LIMITATION PARMENTER REALTY & INVESTMENT COMPANY AND PARMENTER, LLC) AND THEIR RESPECTIVE EMPLOYEES, OFFICERS, DIRECTORS, SUCCESSORS, ASSIGNS AND HEIRS (COLLECTIVELY, THE "INDEMNIFIED PARTIES"), FROM AND AGAINST ANY AND ALL CLAIMS, DAMAGES. OR LIABILITIES OF ANY KIND (INCLUDING WITHOUT LIMITATION ATTORNEYS' FEES) ARISING FROM OR IN ANY WAY RELATED TO: (I) ANY INJURY TO ME (INCLUDING DEATH), (II) DAMAGE TO, LOSS OF, OR THEFT OF MY PROPERTY OR (III) ANY OTHER INJURY, LOSS OR DAMAGE, OCCURRING IN THE FITNESS CENTER OR RESULTING IN ANY MANNER FROM MY PRESENCE IN OR MY USE OF THE FITNESS CENTER. All releases, discharges, waivers and hold harmless obligations contained in this paragraph**

will be enforced to the fullest extent permitted by applicable law for the benefit of the Indemnified Parties, even if the applicable claim is caused by the active or passive negligence or sole, joint, concurrent or comparative negligence of any of such Indemnified Parties, and regardless of whether liability without fault or strict liability is imposed upon or alleged against any such Indemnified Parties, but the provisions of this paragraph will not be enforced for the benefit of any particular Indemnified Party to the extent that a court of competent jurisdiction holds in a final non-appealable judgment that the claim in question was caused solely by the willful misconduct or gross negligence of the Indemnified Party seeking the protections of this paragraph.

Signature: _____

Printed Name: _____

Address: _____

Date: _____

Access Card Number: _____

Physical Activity Readiness Questionnaire

Name: _____ Date: _____

DOB: _____ Age: _____ Wk Phone: _____ Hm Phone: _____

Regular physical activity is fun and healthy, and more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctors before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 and you are not used to being very active, check with your doctor. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

YES NO

- | | | |
|-------|-------|---|
| _____ | _____ | 1. Has your doctor ever said that you have a heart condition and that you should do only physical activity recommended by a doctor? |
| _____ | _____ | 2. Do you feel pain in your chest when you do physical activity? |
| _____ | _____ | 3. In the past month, have you had chest pain when you were not doing physical activity? |
| _____ | _____ | 4. Do you lose your balance because of dizziness or do you ever lose consciousness? |
| _____ | _____ | 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? |
| _____ | _____ | 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? |
| _____ | _____ | 7. Do you know of any other reason that you should not do physical activity? |

If you answered YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and which questions you answered YES. You may be able to do any activity you want - as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow your doctor's advice. You can also find out which programs are safe and helpful for you.

If you answered NO to all questions: You can be reasonably sure that you can start becoming much more physically active. Begin slowly and build up gradually - this is the safest and easiest way to go. You can also take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

You should delay becoming much more active if: you are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better; or you are or may be pregnant - talk to your doctor before you start becoming more active.

Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Signature _____

Date _____