

Gerard Owners Corp.
70-25 Yellowstone Blvd
Forest Hills, NY 11375

GYM APPLICATION

Name _____
Last First

Telephone _____ Cell _____
Day

Emergency
Contact Name _____
Last First

Emergency
Phone # _____ Cell _____
Day

Sub-Tenant: YES _____ NO _____

Renewal New Membership: YES _____ NO _____

1 Year Membership Fee: \$200.00

Please make check payable to Gerard Owners Corp.

New Members: Please include passport size photo for your membership ID card

Renewal Members: Please include your membership card for information update.

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Acknowledgement of Gym Rules

I/(We), the undersigned, acknowledge that I (we) have received a copy of the Gym Rules of Gerard Towers Corp., which is annexed hereto, and have read them and have agreed to abide by same.

Date: _____

Apartment: _____

Gym Member #1 Print Name

Gym Member #1 Signature

Gym Member #2 Print Name

Gym Member #2 Signature

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Gym Rules

Under the license agreement for the use of the Gym, each member is obligated to observe the established rules. As usage of the Gym has expanded, the Gym Committee may not always be able to advise individual members of the rules and procedures necessary to maintain a high standard of safety and courtesy, as there is no paid staff to directly supervise activities. Your adherence to the following "rules of the road" is critical to the successful operation of the Gym.

1. Membership and use of the gym is limited to dues-paying residents only. Guests and other non-members are not permitted.
2. Members using trainers must have them sign a waiver before they begin to use the facilities. Trainers may only demonstrate the use of the equipment and instruct their client, not use the equipment for their own benefit.
3. Member requiring the presence of attendants (home health aides) to assure their personal safety must notify the Management Office and have the attendant sign a waiver. The attendant (home health aid) may not use the equipment.
4. Close gym door after entering and leaving.
5. Sign in and out legibly on the attendance sheet.
6. Keep identification badges visible.
7. Wear comfortable clothes and sneakers. Bring a towel and use it to cover equipment when lying down or sitting against padded surface. Members shall provide their own clothing, towels and other desired equipment at their own expense.
8. All equipment is to be kept free and clear of perspirations. Please wipe down equipment after use.
9. No weights or other equipment may be left on any other piece of equipment, dropped, bounced or otherwise mishandled.
10. Members shall only use equipment with which member is familiar and competent and shall not use any equipment for which member is not qualified. You are expected to understand the proper and safe use of the equipment. Ask if you don't know.
11. Replace free weights and plates onto their respective racks and plate holders.
12. Return bars, handles and pins to their normal locations.
13. Do not move or remove equipment.
14. Equipment may not be reserved for your exclusive use. If you workout over several pieces, the equipment must be freely available to those who wish to "work-in" with you.
15. If someone is waiting for your equipment, try to limit your time. You must relinquish your machine after thirty (30) minutes. Treadmills are particularly in high demands.
16. If member fail to cure any default (a violation) of these rules, or of the agreement, immediately upon notice or if the member repeats any such defaults, the Corporation may cancel the Gym Agreement, at which point this member must vacate the facility and surrender any key(s) or other means of access.

Thank you for your cooperation

Gerard Towers Gym Committee