

Strength & Conditioning Center - Questions & Answers

- Hours of Operation are Monday thru Friday 5:00pm – 9:00pm. Saturday and Sunday 8:00am-Noon. Closed Fridays during the Month of July.
- Closed on all major state holidays we follow for our 12 Month employees.
- Must be 21 years old or a recent Lake Forest Graduate.
- No children or students are permitted during the Public Hours of Operation.
- The Membership fee is \$15.00 a month (Cash or Checks only)
- Membership is month to month but they can pay for two or three months at a time if they choose.
- They can sign up and start their Membership anytime during the public hours of operation.
- All closings due to weather or any unexpected occurrences Members will be notified by email.
- All new Members must go through a brief orientation, fill out a membership form, and sign off on the SSCC Orientation/Rules Release Form at the time of payment.
- They are permitted to take a look at the facilities and equipment anytime during the Public hours of operation before they decide to join.
- If there are any questions you're not sure of please refer them to take advantage of first looking at our SSCC facilities and at that time ask any questions to whomever is covering the SSCC.

STRENGTH & CONDITIONING CENTER
MEMBER INFORMATION

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

CELL PHONE: _____

EMAIL ADDRESS: _____

ORIENTATION COMPLETED _____

MONTHS PAID _____ RECEIPT # _____

CASH/CHECK _____ AMOUNT _____

Last, First (Print)/

I have been advised by the SSCC to consult a physician before making changes in physical activity, diet or use of supplements.

I understand that with physical activity comes the possibility of potential health risks. If I experience any unusual symptoms such as headaches, cramps, chest discomfort, nausea, fatigue or any other type of pain I have been advised by the SSCC to stop physical activity and notify a supervising employee. I understand that if a supervisor observes any unusual symptoms or distress I may be asked to stop and rest or seek medical advice from a physician before resuming activity.

I have read and agree to all SSCC rules and guidelines. I promise to conduct myself in a manner that displays respect to the SSCC as well as to its other users. Failure to follow rules and guidelines will result in removal from the facility.

X _____
Print/Sign/Date

I have been trained on and understand the rules and how to use the following equipment:

- △ Atlantis and/or Life Fitness Selectorized Equipment.
- △ Atlantis Plate Loaded Equipment.
- △ USC Multi Purpose Racks.
- △ Life Fitness Cardio Equipment.

X _____
Print/Sign/Date

