



**Your Public “HOME GYM”
FITNESS CENTER APPLICATION**

Thank you and welcome to your **PRIVATE FITNESS CENTER MEMBERSHIP APPLICATION** process @IntelligentFitness! You are on your way to becoming one of a very select group of people who will be permitted an opportunity to come into our EXCLUSIVE, Award-Winning Fitness center and pursue your health and fitness goals without the large crowds, increased risk for disease transmission, and in an environment of people who are dedicated, committed, and sensitive to your personal needs.

ABOUT US: Intelligent Fitness was formed in 2001 and holds 10 awards of distinction in the field of Health and Wellness; ranging from “Best Gym,” Best Personal Trainers,” and “Best Lifecoach.” The company occupies a 3,000 square foot facility that is divided into three unique spaces: a strength-training facility, a TRX/Functional Strength/Group Training facility, and a “Cardio Club” studio. The club has now been transformed and outfitted to welcome the public. It has been re-formatted to allow for you to come in and enjoy your own self-directed workout in a place that functions as your own semi-private “home gym!”

You can now enjoy having the experience of a quaint “home gym” without the significant investment that goes along with it. Think of your favorite fully-stocked hotel gym and quadruple it! That is your NEW “home away from home” gym. For a nominal monthly or quarterly investment, you will have access to:

- Hundreds of thousands of dollars of our strength, functional strength and cardio equipment
- Access to our on-site Fitness/Wellness professionals who will supervise the space
- A staff of committed experts who can help and guide you at a moment’s notice.

Furthermore, the facility will only permit 18 people at any given hour. That means plenty of space to move, workout, and be free of someone right on top of you! This is a 60% reduction in our commonplace occupancy but one that allows for maximum safety and unbridled access to our equipment without interruption. By the numbers, it is approximately 150 square feet of footprint dedicated to YOU!

Please understand, not everyone who applies will be approved for membership. We will have a very strict code of community conduct that protects you, us, and everyone in our center. We are ONLY approving just under **100 people** who want to be in the gym. You will be asked to serve as a solutions-oriented member who takes an active role in ensuring that our protected environment stays that way. You will be joining an EXCLUSIVE community of people who care about the preservation of our facility’s elevated standard of environmental and public safety in our semi-private facility. You will be required to tour the facility before we approve your application so you can be assured that this decision is the most appropriate decision for you. Additionally, it will help us to recommend the most cost-appropriate membership. In this way, we will find the most “EXCLUSIVE” people to become part of our most unique training facility.

Please provide us with some basic information:

APPLICANT: (PRINT) _____

EMAIL: _____ CELL: _____

HOW DID YOU HEAR ABOUT US _____

In order for us to ensure the safest environment possible for you to exercise and to help us guide you into the most affordable and appropriate membership package, please note any current risk factors for illness, injury and activity readiness. (You will not be disqualified for membership consideration if you answer negatively to the following questions.)

How much do you intend to exercise in our center in a given week?	3X	<input type="checkbox"/>	4x	<input type="checkbox"/>	5x	<input type="checkbox"/>
Do you have High cholesterol?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
Do you have high blood pressure?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
Are you a diabetic?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
Do you smoke?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
Do you have any known cardiovascular illnesses?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		
Do you have any physical limitations?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>		

(If you have noted, “Yes” to any of the aforementioned, we will contact you with related questions in order to promote an environment that will be suitable for your safety and make suggestions if you are open to our expert perspectives.)

**FACILITY GUEST TERMS AND FITNESS ASSESSMENT RELEASE,
CLUB ETIQUETTE, COURTESIES, AND CONDUCT:**

Will you agree to using a sprayer bottle with cleanser and clean any and all workout equipment you handle?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Will you agree to respect the personal space of others and use your best efforts to maintain a geographical distance of 6-8 feet from another individual in the center, be it a member or staff member while you workout?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Do you understand that the company may prohibit your access if you are suspected of being ill or exhibit physical symptoms of air-borne related illnesses or diseases?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Will you agree to a 14-day postponement of your membership if you are suspected of being ill or exhibit physical symptoms of air-borne related illnesses or diseases?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Do you understand and agree that the company may choose to limit your attendance to one visit per day for no longer than one hour to allow for others to get into the club?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Do you understand and agree that the company will allow you to book a time of your convenience to come in and workout, but your opportunity to come into our club is “first come/first serve” and you may not necessarily get a time of your choosing?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Do you generally work with dumbbells greater than 50lbs?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Intelligent Fitness will not require you to wear a mask but will encourage you to wear one if that makes you feel comfortable. Will you be open to working out around others who will feel more comfortable wearing a mask?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Intelligent Fitness is willing to offer you a FREE facility orientation or PERSONAL TRAINING Session in order to help you acclimate yourself to our equipment. Is this something you would utilize?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
If you answered “YES” to an orientation or PERSONAL TRAINING session, may we call you to schedule an appointment?	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>

MEMBERSHIP PACKAGES

Intelligent Fitness certainly understands the economic strife that has been created and the strain this Pandemic situation has put on people physically, emotionally, psychologically, and financially. However, Intelligent Fitness’ founder was asked to join Huntington Township’s health initiative and now has

been cited by various major mainstream news outlets for saying, “We crashed an entire economy in the name {and because} of Health and Wellness. Let us not let this moment pass us by!” His message was simple: “Do not place the value of economics behind the value of health!” There is a slight premium that is connected to holding an Intelligent Fitness club membership. However, here is what you are investing in:

- Greater access to equipment without an over-crowded facility
- Greater and more diligent policies regarding sterilization, cleanliness, and sanitation protocols
- Regular maintenance schedule of equipment functionality despite usage
- Increased geographical distance between members so others are not on top of you
- Reduced membership clientele during workout hours allows you a wider landscape of movement
- Full time supervision of the entire facility by qualified fitness professionals, not “porters” or “kids.”

Our goal is to place you in the most economically suitable package for your unique and particular budget. We offer to you the following. Please select the membership you think is most appropriate:

CLASS-PASS - \$200 - 20 visits to the club

1 MONTH - \$85 per month (no commitment)

3 MONTHS - \$225 (cancel anytime for \$50)

AFFIRMATION: You must agree to all of the terms and conditions stated hereunder in order for us to process your application. Your application is first come/first serve and is not approved or denied based upon race, creed, color, sex, sexual orientation, credit-standing, or country of origin. You attest to being in a state of health that is safe for you to exercise and does not put yourself, the public, and the club’s population at risk for exposure to any air-borne related illnesses or diseases.

I _____, herein known as “the guest” or “the member,” or “member,” agrees to and understands that Intelligent Fitness will use all of the enclosed information to make an assessment of my potential to be offered a membership at its center and I understand the terms as outlined in my affirmation.

I further understand that I am voluntarily participating in an unsupervised, self-directed exercise program and will be responsible for myself while on Intelligent Fitness’ property and recognize and understand that I bear all of the risk for any injury associated with my behavior during my membership term in Intelligent Fitness’ facility and realize that exercise bears various risks for injury, including but not limited to musculoskeletal injuries and various physical and environmental risks. I further understand that by signing of this form, I agree to assume full responsibility for myself while in the company’s premises and during my participation in my self directed workouts at the company’s facility. I hereby release, discharge and waive my right to bring a legal action for claims and/or damage arising out of my behavior while in the company’s facility and forever discharge any claims or causes of actions against the company for personal injury or property damage arising thereof. To the extent that statute or case law does not prohibit releases for negligence, you also agree to release the company and its instructors for any acts of negligence.

I further agree to assume full responsibility for myself during my self-directed sessions in the company’s facility and I do not hold Intelligent Fitness, Inc, its associates, heirs, family, independent contractors and/or anyone in connection with the company’s operations for injuries, slips, trips, falls, athletic injuries, or contracted illnesses: including but not limited to exposure to and infection with communicable viruses or bacteria, and/or damages arising from or as a consequence of my participation in any of the company’s classes or personal training sessions should I choose to attend. I certify that if I am attending a class offered by the company, I represent that I am in good health, have been cleared to exercise, and hold Intelligent Fitness and its instructors harmless from any of the aforementioned injuries sustained while on its property or by way of its instruction through the virtual portal. I further certify that I will not come to the facility nor attend any classes on the company’s property if I have been exposed to, been in the company of, diagnosed with, or am suspected of being ill with any air borne communicable illnesses that could infect someone else. I understand that the company may prohibit my access to its physical facility for up to 14 calendar days from the time it has become aware of a positive diagnosis of or suspicion of symptoms related to air borne illnesses that potentially put the company’s staff and members at exposure to such illnesses. *(The company will not penalize the person’s membership and will agree to hold over unlimited memberships, classes, training sessions, etc., while the member has been temporarily denied access to the facility.)*

HEALTH WARRANTY and CERTIFICATION:

I understand that by signing this form I have consented to the overstated risks associated with my participation in an exercise program at the company’s facility or through its online web portal. **I further attest that I have not been diagnosed or am suspected of any symptoms or conditions associated with COVID-19 or other air-borne related illnesses in the past 90 days of this application and have agreed to the terms and conditions in the company’s Health Warranty and Personal Liability Release.** I understand the risks associated with exercise and hold Intelligent Fitness harmless from my participation in any classes or personal training sessions or while working out and/or exercising in its facility or via its online training sessions. I have asked questions regarding the company’s environmental and safety policies and/or exercise related activities, and have received answers that have been satisfactory. I have consulted with a physician before engaging in fitness testing or in any of the company’s exercise programs and certify that I am in good physical health to participate in fitness tests, exercise classes, or in an unsupervised fitness setting. If necessary, I give permission to the facility’s management to obtain medical clearance(s) by my doctor prior to my participation or solicit information regarding my health in order to affirm my current health standing.

FITNESS TESTING:

I, _____, understand that if I voluntarily agree to participate in a class at Intelligent Fitness, Inc. (“Intelligent Fitness,”) or have an assessment of my physical fitness, there are inherent risks for bodily harm and personal injury to my person.. I understand that a fitness assessment will contain an observational assessment of my posture, a “sit and reach” or a manually conducted assessment of my flexibility, strength tests to evaluate endurance and conditioning, and a cardiovascular conditioning test which may consist of a 3 minute step test, Bicycle test, treadmill test, or other forms of commonly used sub-maximal tests to determine speculated maximal capability. I understand that if I choose to have this test administered, the purpose of this assessment is to gather data to properly design an exercise program aimed at improving cardiorespiratory fitness, body composition, flexibility, strength, and muscular endurance. *(These tests challenge the physical fitness of the tested subject and may cause cardiorespiratory and/or musculoskeletal responses consisting of but not limited to : shortness of breath, fatigue, muscular soreness, and rises in blood pressure and heart rate. It is difficult to predict the reactions to testing and some clients may experience dizziness, confusion, chest pain, or more serious reactions such as unconsciousness or death).* At my request, if I feel a change in my condition that is uncomfortable (dizziness, jaw pain, chest pain, pain radiating down the arm, etc.) I will notify my examiner to terminate the test.) If I have decided to forego a fitness evaluation, have not been offered a fitness evaluation, or am a guest to the facility, I am representing myself to be in good health per the health warranty. *Image Release:* I understand that during my tenure at Intelligent Fitness, professional photography may be done of classes and/or training. Intelligent Fitness will always ask for and receive your agreement with the use of such images prior to any such photography and/or videography being done and we will not publish your image in our inducements, marketing, or advertisements without receiving your written consent. Upon such consent, you agree to release the use of your image for commercial marketing purposes. Without notification, information about your fitness programming and its data may be used for statistics, polls, or other forms of analysis without the publishing of your name.

_____ Date: _____
GUEST:
_____ Date: _____
Witness:

PLEASE EMAIL THIS FORM TO PHIL@INTELLIGENTFITNESS.NET
PLEASE ALLOW 24 HOURS FOR US TO CONTACT YOU TO SET UP YOUR TOUR