

Chatmoss Fitness Facility

Is Now Open to the Membership

Release Forms

All members utilizing the Fitness Facility will be required to sign a “consent for exercise program” before using the fitness facility for the first time. Release forms are available at the Sports Complex, Business Office of the Main Clubhouse, and can be downloaded online at www.chatmosscc.org. Please complete the forms for each member of the family who plans on using the fitness facility and return them to the club.

General Fitness Facility Information

Direct Phone Number: 276-632-1857

Hours of Operation

Fitness Facility Hours

Sunday - Saturday 5:30 a.m. – 10:30 p.m.

To enter the fitness facility between the hours of 5:30 a.m. – 7:00 a.m. Monday - Saturday and 5:30 a.m. – 12:00 p.m. on Sunday, please use the lower entrance security door. **Members must complete an orientation and have the necessary paperwork on file to be provided an access code.**

General Policies

Release Forms

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Fitness Room Guidelines

- All members must sign-in at the desk within the fitness center before working out in the fitness center.
- Every member must sign the consent for exercise program form before working out for the first time. Complimentary equipment orientations with personal trainers may be scheduled to ensure proper usage of the fitness equipment.
- Members’ children, 16 years of age and older, are allowed to use the Fitness Center during all hours of operation. Children 12 to 15 years old, accompanied by parents or a contracted personal trainer, are allowed to be in the Fitness Center and use the facilities. For the safety of children and staff, children under the age of 12 are prohibited from the Fitness Center.
- Members are encouraged to have cell phones on silent or vibrate while in the fitness center. Please limit cell phone usage to the lobby areas.
- Proper exercise attire (sneakers, shirts/workout tops, and shorts/pants) is required in the fitness room at all times. No bare feet or swimsuits.
- Please be aware that there is a 30-minute maximum on each piece of cardiovascular equipment during peak hours.
- No food or drink is permitted in the fitness area, with the exception of water bottles.
- The entire building is a non-smoking facility.
- Please be safe and courteous. Do not drop or slam weights or bars on floor. Lift weights slowly and in a controlled manner.
- Please de-plate all bars after use and return weights to their proper racks.
- **Wipe down cardio equipment when finished.** Spray bottles and cloths are provided for your convenience. Please spray onto the cloth and then wipe the equipment (this prevents equipment rusting).
- Please drop your towel in a "used" towel bin when finished with your workout.
- Towels must be left in the fitness facility.

Guests

- Members must accompany guests at all times in the fitness center.

- Guests may use the facility twice a month or 12 times a year.
- A guest fee of \$10 will be charged to the member's account. For guests participating in-group exercise class, all regular fees apply.
- House Guest Card - Members can request a Temporary Guest Card for any houseguests who reside with them on a short-term basis, not to exceed 30 days. In order to receive a Temporary Guest Card, the necessary information must be turned into the Business Office with 24 hour advance notice. A house guest can be a family member or friend visiting from out of town. A Temporary Guest Card will be granted for a defined period and the member will be charged all appropriate guest fees. House guest cards are subject to the Board of Governors' approval.

Comment Cards

Comment cards are a great way for members to communicate preferences, compliments, and suggestions. They are available at the Fitness Facility's desk. Simply fill the comment card out and drop it in the Comment Card box. We will review your comments regularly.

Fitness Room

Our state-of-the-art fitness room overlooks the scenic driving range and Leatherwood Creek. While using the cardiovascular equipment, Broadcast Vision/Cardio Theater is available for your entertainment. Choose between two television stations. All members are asked to bring their own headphones or IPOD. For the pleasure of all, TVs are to remain without volume; wireless headphones are available for purchase in most retail outlets.

We recommend everyone attend an equipment orientation. Improper use of exercise equipment may result in serious injury. The guidelines and rules that follow will help acquaint you with the best approach to reduce risk of injury and to promote your overall health and well-being. So please ask the staff for assistance when needed.

Lost and Found

The lost and found is located at the front desk of the Sports Complex. If you cannot find your lost items, please check with the fitness front desk as well. Items left for over 30 days will be donated to charity.

Opening & Closing Delays/Changes

Chatmoss Country Club reserves the right to delay openings and/or close early due to inclement weather or power outages.

RELEASE OF ALL CLAIMS

WHEREAS, the undersigned wishes to utilize certain physical fitness equipment and facilities (the "Equipment and Facilities") of Chatmoss Country Club, Inc. ("Chatmoss"); and

WHEREAS, as a condition to allowing the use thereof by the undersigned, Chatmoss requires the execution of this instrument;

NOW, THEREFORE, for good and valuable consideration, the undersigned, on his or her behalf and on behalf of his or her heirs, administrators, personal representatives, successors and assigns, hereby represents and warrants as follows:

1. That the undersigned has fully inspected the Equipment and Facilities and is completely familiar with the proper operation and use thereof;
2. That the undersigned acknowledges and agrees that Chatmoss has made absolutely no warranties or representations whatsoever regarding the fitness or condition of the Equipment and Facilities and accepts them in their current condition, with any and all defects;
3. That the undersigned is physically fit and capable of using the Equipment and Facilities;
4. That the undersigned assumes all risk of personal injury that may result from the utilization of the Equipment and Facilities; and
5. That the undersigned does hereby release, acquit and forever discharge Chatmoss and its officers, directors, agents, employees and members, and all other persons, corporations, firms, associations or partnerships, of and from any and all claims, actions, causes of action, demands, rights, damages, costs, expenses and compensation whatsoever of every kind and nature, known or unknown, direct or indirect, which the undersigned now has or which may hereafter accrue, arising from or with regard to the utilization of the Equipment and Facilities by the undersigned.

WITNESS the following signature and seal this ____ day of _____, 2009:

IMPORTANT: TAKE NOTICE THAT THIS INSTRUMENT ADDRESSES SERIOUS LEGAL ISSUES. DO NOT SIGN BELOW UNLESS YOU FULLY UNDERSTAND AND AGREE WITH ALL OF THE PROVISIONS HEREOF. SEEK LEGAL ADVICE IF IN DOUBT.

_____(SEAL)

[print name]

PARENTAL LIABILITY RELEASE AND INDEMNIFICATION FORM

WHEREAS, the undersigned, parent or legal guardian of _____ (the "Child"), wishes to allow said Child to utilize certain physical fitness equipment and facilities (the "Equipment and Facilities") of Chatmoss Country Club, Inc. ("Chatmoss"); and

WHEREAS, as an absolute prerequisite to allowing the use thereof by said Child, Chatmoss requires the execution of this instrument;

NOW, THEREFORE, for good and valuable consideration, the undersigned, on his or her behalf and on behalf of said child and his or her heirs, personal representatives, successors and assigns, hereby represents and warrants as follows:

6. That the undersigned and the Child have fully inspected the Equipment and Facilities and are completely familiar with the proper operation and use thereof;
7. That the undersigned and said Child acknowledge and agree that Chatmoss has made absolutely no warranties or representations whatsoever regarding the fitness or condition of the Equipment and Facilities and fully accept them in their current condition, with any and all defects;
8. That the Child is physically fit and capable of using the Equipment and Facilities;
9. That the undersigned and said Child assume all risk of personal injury that may result from the utilization of the Equipment and Facilities by the Child; and
10. That Chatmoss and its officers, directors, agents, employees and members, and all other persons, corporations, firms, associations or partnerships, are hereby released of and from any and all claims, actions, causes of action, demands, rights, damages, costs, expenses and compensation whatsoever of every kind and nature, known or unknown, direct or indirect, which the undersigned or the Child now has or which may hereafter accrue, arising from or with regard to the utilization of the Equipment and Facilities by the Child.
11. The undersigned hereby agrees to indemnify, defend, reimburse and hold the Club and its officers, directors, agents, employees and members completely harmless from any and all claims, demands, damages, causes of action and other liabilities of every kind, nature and description, including without limitation costs, expenses and attorneys' fees, to any person or property arising directly or indirectly from the Child's use of the Equipment and Facilities.

WITNESS the following signature and seal this ____ day of _____, 2009:

IMPORTANT: TAKE NOTICE THAT THIS INSTRUMENT ADDRESSES SERIOUS LEGAL ISSUES. DO NOT SIGN BELOW UNLESS YOU FULLY UNDERSTAND AND AGREE WITH ALL OF THE PROVISIONS HEREOF. SEEK LEGAL ADVICE IF IN DOUBT.

_____(SEAL)

[print name]