

# *GRAVITY Training at the Underground*

## *Eligible Participants*

- Gravity sessions are available to any Underground member **FREE** of charge.
- Before beginning a training session, each participant must complete a health history questionnaire and a blood pressure check.
- Each participant must also complete an orientation on the Gravity machines with an instructor before a scheduled workout can take place.

## *Gravity Policies*

- Sign up sheets will be available at the front desk with available session times and dates.
- Once a participant signs up for a session, he/she must attend the session unless a reasonable excuse is given.
- In the event of a need to cancel, 24 hours notice must be given to the Underground.
- If a participant signs up for a session and does not show up, he/she must explain the situation to the trainer before being allowed to sign up for another session.
- The Underground reserves the right to refuse training sessions in the event of participant not showing up for scheduled Gravity session.
- Individual Gravity sessions only require one person.
- Group Gravity sessions must have at least two, but no more than five participants.

## *Schedule of Sessions*

- “On Call” sessions must be scheduled 48-72 hours in advance. Once the participant has signed up at the front desk, he/she will be reminded, through an email or phone call, of their Gravity session
- Some Gravity sessions will be conducted by instructors that are “on call” This means that if the participant is not able to make the regularly scheduled Gravity sessions, he/she may schedule a session with an instructor that is “on call”

**I, \_\_\_\_\_, UNDERSTAND THE POLICIES AND PROCEDURES FOR THE UNDERGROUND GRAVITY TRAINING PROGRAM. BY READING THE ABOVE POLICIES, I AGREE TO ADHERE TO THE RULES AND REGULATIONS AS LAYED OUT BY THE UNDERGROUND FITNESS CENTER.**

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Trainer Signature: \_\_\_\_\_

Date: \_\_\_\_\_