

240FOURTH Fitness Centre Online Registration Instructions

Follow link to Registration Page:

https://www.wellnessliving.com/catalog/240fourth_fitness_centre

The screenshot displays the 'Online Store Category' page. It features three tabs: 'Membership', 'Personal Training', and 'Group Exercise'. Under 'Personal Training', there are five product cards with prices: 'Free /12 months', '\$715.00', '\$385.00', '\$240.00', and '\$420.00'. Under 'Group Exercise', there are two product cards: '\$225.00' and '\$141.00'. A 'Group Exercise 4 Pass' card is priced at '\$40.00'. On the right, a shopping cart shows '240FOURTH Tenant' with a quantity of 1 and an amount of \$0.00/12 months. The cart summary shows a total of \$0.00. A green 'Proceed to Checkout' button is circled in red.

- Select Proceed to Checkout.

The screenshot shows the 'New Account?' registration form. A red arrow points to the top of the form. The form is divided into two sections: 'Have an account?' and 'New Account?'. The 'Have an account?' section includes fields for 'Email' and 'Password', a 'Remember me' checkbox, and a 'Forgot password?' link. The 'New Account?' section includes an 'UPLOAD IMAGE' section with an 'ADD AN IMAGE' button, and fields for 'FIRST NAME', 'LAST NAME', 'EMAIL', 'PASSWORD', and 'RE-ENTER PASSWORD'. A 'SIGN IN' button is located at the bottom of the 'Have an account?' section.

- In the New Account Section, input your information to register as a new member, then select Sign Up on the bottom of the page.

You must agree to the Terms and Conditions in order to continue.

Informed Consent

I declare that I intend to use some or all of the equipment, facilities, programs, activities and services offered by the Centre. I understand that each person, (myself included), has a different capacity for participating in such Activities. I am aware that all Activities offered are educational, recreational or self-directed in nature. I assume full responsibility during and after my participation in such Activities and for my choices to use or apply at my own risk any portion of the information or instruction I may receive.

I understand that part of the risk involved in undertaking any of the Activities is relative to my own state of fitness and health (physical, mental or emotional) and to the awareness, care and skill with which I conduct myself in any of the activities. In addition, I understand that I am free to withdraw from, reduce or modify my involvement in any of the activities at any time, and I realize that I should do so on recognition of any signs of physical discomfort, which may include: transient lightheadedness, fainting, shortness of breath, chest discomfort or pain, cramps, nausea, etc. I agree to notify the fitness supervisor if my health status changes and to seek the appropriate help if I experience any of the above symptoms while exercising.

I further understand that the possible risks involved in participating in activities may include and are not limited to: sweating; fatigue; muscle, tendon, ligament, bone and joint soreness, strain or tear; bruising, lacerations and punctures; joint dislocations; bone fractures; aggravation of any existing or past injury; shortness of breath, dizziness, fainting, tightness in chest, heart attack, stroke, or death.

While participating in Activities, I agree to respect the Centre's Rules and Regulations and I am aware that I am required to wear closed-toe athletic shoes in all exercise areas of the facility.

MEDICAL HISTORY

Have you experienced any of the following conditions in the past six months: Heart disease, stroke, chest pain, high blood pressure, dizziness, shortness of breath, fainting, concussion, flare-ups of arthritis or past injuries, diabetes, cancer, osteoporosis, asthma or spinal cord injury?

SIGNATURE OF PARTICIPANT AND/OR LEGAL GUARDIAN/PARENT OF PARTICIPANT UNDER 18

X

By signing this agreement with an electronic signature, I agree that such signature will be as valid as handwritten signatures to the extent allowed by local law.

[I Agree to Use Electronic Signatures](#)

- Read through the Terms and Conditions and digitally sign the waiver.

	Subtotal \$0.00
	Tax \$0.00
	Discount \$0.00
	Total \$0.00

✓ Complete

- Select Complete on the bottom right corner of the page to finish your registration.

Confirmation order # 000112994698

Thank you. Your payment has been successfully processed.

Email Receipt

Print Receipt

Go to online store

- You now have registered to the Fitness Centre and your Member Portal profile has been created. On the Member Portal, members can purchase group exercise classes, book classes, purchase personal training, and access the free Optimal platform that hosts various wellness events, virtual classes, on-demand classes and programs.