



ACHIEVE ANYTHING

Fitness Membership Information

Achieve a healthy lifestyle

The Parks and Recreation Department is committed to offering services and programs that promote healthy lifestyles and enhance body and mind.

Membership Benefits & Amenities

- Friendly, professional staff
- Community atmosphere
- Daily use locker rooms
- Free admission to open gym
- Personal viewing screens (MFCC)
- Cardiovascular machines
- Free weight area
- Plate loaded equipment

Membership ID Cards

ID cards are issued to all members. As a member, you agree to present your membership ID at each visit. There is a \$5 replacement for lost cards.

Hours of Operation

Morgan Family Community Center

(MFCC)

Monday-Friday: 5:30 a.m.-9:00 p.m.

Saturday: 8:00 a.m.-4:00 p.m.

Sunday: Closed

(941)-429-3555

George Mullen Activity Center

(GMAC)

Monday-Friday: 8:00 a.m.-9:00 p.m.

Saturday: 8:00 a.m.-4:00 p.m.

Sunday: Closed

(941)-240-8125

Subject to summer closure dates

Cardiovascular Machines

Starting a cardio training regimen such as running on a treadmill or an elliptical trainer is a great way to get into shape in just 30 to 45 minutes a day. Cardiorespiratory fitness is an essential component of physical fitness.

MFCC: 6 Treadmills, 3 Stationary Bikes, 6 Ellipticals, 1 Step-Up Machine

GMAC: 2 Treadmills, 2 Ellipticals, 1 Rowing Machine

Resistance Machines

Achieve results safely and efficiently with the use of resistance machines. Resistance training programs are crucial to a well-rounded fitness program and your overall health.

MFCC: Machines for Abdominal, Leg Extensions, Seated Leg Curl, Tricep Extension, Shoulder Press, Hip Abduction, Hip Adduction, Chest Press, Chin Up/Dip Assist, Back Extension, Rear Deltoid/Pectoral Fly, Diverging Lateral Pull Down, and 2 Multi-Station Cable Machine.

GMAC: Lower Back/Abdominal, Bicep/Tricep, Leg Press, Lateral Pull Down, Seated Row, Leg Extension/Leg Curl, Pull Up Machine.

Weights/Free Weights

Free weights will help you increase your muscle strength with a wider range of motion than a selectorized resistance machine. To get the most from using free weights, concentrate on your form while using appropriate weight. Never drop your weights on the floor!

MFCC: Dumbbells from 1 lb. to 80 lbs., Straight Bar Weights from 20 lbs. to 110 lbs., Medicine Balls from 4 lbs. to 12 lbs.

GMAC: Dumbbells from 1 lb. to 70 lbs., Straight Bar Weights from 20 lbs. to 110 lbs., Medicine Balls from 4 lbs. to 12 lbs.

Plate Loaded Equipment

This equipment allows for more versatility in your workout and will safely create results while pushing you to your maximum.

MFCC: Bench Press Rack, Incline Bench Press Rack, Assisted Squat Rack, Chin Up/Dip Apparatus.

GMAC: Bench Press Rack, Squat Rack

Studio

The studio located adjacent to the Fitness Center at the **Morgan Family Community Center** is available for warm-up and stretching when not in use by scheduled programs or private rentals.

Locker Rooms

Locker rooms are equipped with daily use lockers and showers. As a courtesy to all members, please use modesty in the locker room with a towel or wrap. Lockers are also available along the wall of the fitness center and in the main lobby hallway. Please bring your own lock for any locker usage.

Group Exercise/Instructional Classes

Whether you're new to exercise or getting back into it, group exercise is a great way to get moving, make friends, and stay motivated. Participants can expect a safe and effectively designed workout, a consistent schedule, and a workout that requires no prior exercise knowledge or experience. To view our programs and classes, check out our Playbook!

General Information and Etiquette

- Staff is trained to treat customers with respect. We request participants show the same respect for staff, other participants, the facility and all equipment.
- All participants must sign in with a membership card or by paying the daily fee at the front desk. Age restrictions apply.
- Proper attire and footwear must be worn at all times.
- Food and beverages are only permitted in designated areas.
- Foul language and/or activities causing bodily harm will not be tolerated.
- Parks & Recreation is not responsible for any lost or stolen items.
- Participants use equipment at their own risk.
- The Center is not open for youth when school is in session.
- Always consult a healthcare provider before beginning any exercise program.
- Fitness Centers are open to individuals age 13 years and up. Ages 13-15 must be accompanied by an adult. With the completion of our Fit Teen University Class, those 13-15 may be in Fitness Center without an adult.
- Children under 11 years old must be supervised by a parent or guardian while in the centers, unless they are enrolled in a specific program/class.
- Food and beverage are not allowed in the Fitness Center or indoor gymnasium, however enclosed water bottles are acceptable.
- We encourage the reduction of waste by asking members to use a refillable water bottle.
- Proper fitness attire and athletic footwear must be worn in the Fitness Center at all times. No open-toed shoes or sandals are allowed.
- For everyone's enjoyment, Fitness center users are asked to show respect to participants, staff, and equipment:
 - Secure your gym bag and other personal belongings in the lockers provided.
 - Return weights and equipment to proper location after use.
 - Allow other participants to "work in" while you are resting between sets.
 - Wipe clean machines before and after each use. Cleaning materials are provided.
 - To avoid injury and equipment damage, refrain from dropping, throwing, or banging the weights.
 - Please refrain from talking on the cell phone or playing music without headphones while in the Fitness Center.
- Membership options and/or amenities are subject to change.
- The City of North Port Parks & Recreation Department reserves the right to suspend or revoke membership or daily use privileges.

City Facility Rules

The following conduct is prohibited at all buildings, parks, amenities, and grounds thereof, and any other properties owned or managed by the city for the purpose of conducting the operations of the city ("facilities") (excluding public sidewalks and rights-of-way):

- Engaging in any activity prohibited by law.
- Littering.
- Activities or behaviors which present an unreasonable risk of injury or harm to oneself or others, including visitors or employees.
- Activities or behaviors which present an unreasonable risk of damage, harm, degradation, or removal of any city property, including plants, flowers, trees, grass, or soil.
- Activities or behaviors which present an unreasonable risk of damage, harm, harassment, or removal of any animals, birds, other wildlife, or their habitat on city property.
- Tampering with or unauthorized use of interior or exterior facility systems, grounds, or devices, including, but not limited to, electrical, plumbing, locks, doors, cameras, plants, and other infrastructure.
- Possession of weapons, with the exception of firearms as defined in F.S. ch. 790 or as allowed pursuant to local, state, or federal authority.
- Unauthorized leaving or storing of personal property.
- Use of insulting or fighting words which by their very utterance inflict injury or tend to incite a breach of the peace.
- Disruptive or unsafe behavior, including conduct which intentionally interferes with employees or contractors in the performance of their duties or intentionally interferes with the proper use of a facility by others.
- Being under the influence of any controlled substance or intoxicating liquor or beverage.
- Possessing, selling, distributing, or consuming any alcoholic beverage, except as allowed by a city permit, at an event approved by the city, or otherwise allowed by this Code.
- Blocking access to a building, park, or amenity, including doorways, walkways, ramps, parking access, or steps.
- Remaining in a building, park, or amenity, or remaining in its attached covered areas, doorways, ramps, or steps after posted hours of operation or after the conclusion of an "after hours" public meeting or city-hosted event.



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Fitness Membership Waiver



I, _____ for myself, my heirs and personal representatives, hereby assume all liability, risks, injuries, and hazards to myself incidental to, or as a result of, my participation in my membership (activity), including but not limited to transportation to and from the above-named activity. I acknowledge the fact that the activity may have and/or involve distinct or inherent risks of physical injury or possibly death, and physical contact or other conditions or factual circumstances where physical or other injuries may occur, due to the nature of the activity. I hereby waive, release, and agree to indemnify, defend, and hold harmless, the City of North Port, Florida, it's commissioners, officers, agents, employees, and the activity organizers, sponsors, supervisors, co-sponsoring organizations, and participants from any claim, demand, liability, cost, suit, judgments, damages, charges or compensation for loss or injury of any kind (including but not limited to reasonable attorneys' fees and court costs, whether such fees and costs are incurred in negotiations, at the trial level or on appeal, or in the collection of attorneys' fees), arising out of a loss or an injury, including losses or injuries arising from any acts, actions, inactions, or negligence of the City of North Port, its commissioners, officers, agents, employees, and the activity organizers, sponsors, supervisors, cosponsoring organizations, and participants, from my participation in the activity. I acknowledge that the City of North Port, Florida, will not assume any costs relating to any injury while I am involved in this activity. Nothing herein shall constitute a waiver of sovereign immunity or consent by the City of North Port, Florida or its subdivisions to a suit by third parties.

This release, waiver, and indemnification agreement is in consideration of the City of North Port, Florida, or the activity sponsor, allowing my participation in the activity and in further consideration of the City of North Port, Florida not requiring self-funded liability insurance coverage on my part as a condition precedent to my participation in the activity. I freely and voluntarily assume all risk of loss or injury arising from my participation in the activity, whether due to my negligence or the negligence or intentional acts of others. I acknowledge that, absent this release, waiver and indemnification agreement, the unacceptable exposure to civil liability claims or the expense of providing a program that is risk-free. I have read and understand this document and sign it freely and knowingly, intending that it shall be fully operative and effective in all respects and that it waives legal rights to which I might otherwise be entitled if I am hurt or suffer loss during my participating in the above-named activity. I understand that this release, waiver, and indemnification agreement is continuing in nature and shall apply to all incidents that may occur during my participation in the activity for a period of one year from the date of my signature. **YOU MUST CAREFULLY READ THIS DOCUMENT BEFORE SIGNING IT. YOU ARE WAIVING OR RELEASING VALUABLE LEGAL RIGHTS. YOU ARE ADVISED TO SEEK THE ADVICE OF AN ATTORNEY IF YOU DO NOT FULLY UNDERSTAND THIS DOCUMENT.**

I agree to abide by all rules and policies stated above in this document.

Print Name

Date

Signature