



Hampton Township  
Department of Community Services

# COMMUNITY CENTER & INDOOR FITNESS INFORMATION PACKET

Includes information on ...

Fitness Area  
Fitness Area Admission Policy & Procedures  
Fitness Area Equipment Description  
Fitness Rules & Regulations  
Release, Waiver of Claims & Hold Harmless Agreement  
Fitness Area, Community Center & College Student Fees

## FITNESS AREA

Open at 6:00am Monday – Friday

### FACILITY HOURS OF OPERATION

Unless otherwise posted / CLOSED on Holidays

#### **SUMMER** (begins June 1<sup>st</sup>)

|                 |                    |
|-----------------|--------------------|
| Monday – Friday | 6:00 am - 8:00 pm  |
| Saturday        | 8:00 am - 4:00 pm  |
| Sunday          | <b>C L O S E D</b> |

#### **FALL** (begins the day after Labor Day)

|                                |                    |
|--------------------------------|--------------------|
| Monday & Friday                | 6:00 am - 9:00 pm  |
| Tuesday / Wednesday / Thursday | 6:00 am - 10:00 pm |
| Saturday                       | 8:00 am - 6:00 pm  |
| Sunday                         | 12 pm - 4:00 pm    |

#### **WINTER / SPRING** (begins January 2<sup>nd</sup>)

|                                |                    |
|--------------------------------|--------------------|
| Monday & Friday                | 6:00 am - 9:00 pm  |
| Tuesday / Wednesday / Thursday | 6:00 am - 10:00 pm |
| Saturday                       | 8:00 am - 8:00 pm  |
| Sunday                         | 12 pm - 4:00 pm    |

*Facility hours are subject to change.*

Department of Community Services  
3101 McCully Road  
Allison Park, PA 15101  
412-487-7870

## Hampton Township Department of Community Services Community Center & Fitness Area Information

Hampton Township, Department of Community Services (DCS) “hotel style” fitness area is located on the Mezzanine Level of the Hampton Community Center. The fitness area is available seven days a week, during regular community center hours of operation, unless posted otherwise.

Admission to the fitness area is verified at the Community Center Service Desk by scanning your Membership ID Card via card scan or by paying the appropriate daily admission fee.

Twenty-one pieces of equipment are available. Eleven (11) cardio and ten (10) weight training, which include dumbbells. Free weights are not included.

Two Automatic Electric Defibrillators (AED) Units are also available should the need ever arise. For use by trained certified DCS staff or patrons. A unit is located on the mezzanine fitness area stairway next to the lockers.

As is the practice with other use areas of the Community Center, the fitness area will not have constant direct supervision. The on duty facility manager will provide routine walk through monitoring. If at any time during your use of the fitness area you should have any questions or require assistance, do not hesitate to speak with the facility manager or service desk staff.

Prior to using the fitness area for the first time, each patron is required to read and sign the Rules / Release Form and receive an in-person, hands-on, equipment use orientation from a DCS staff member.

Fitness area information packets are available at the Community Center service desk. You may register for a fitness or community center membership online at [www.hampton-pa.org](http://www.hampton-pa.org).

| FITNESS AREA FEES<br>(valid for 12 consecutive months of use) |          |              |
|---|----------|--------------|
| Membership Category   | Resident | Non Resident |
| Family*   | \$217    | \$427        |
| Married Couple  | \$117    | \$222        |
| Adult (age 18 & up)   | \$67     | \$134        |
| College Student<br>(valid College ID required)                | \$37     | \$74         |
| Youth (age 10-17)   | \$56     | \$111        |
| Daily   | \$6      |              |

*\*Family Memberships are for a maximum of four family members. Each additional family member will be at the appropriate individual rate.*

The twelve-month fitness area pass also includes unlimited admission and use of the Community Center gathering area, adult & youth lounges, open gym time, pre-school open gym, tot watch room, and the walking / jogging track at no additional cost.

# Fitness Equipment Descriptions

## **Cardio Equipment:**

One Bodyguard Stepper: 11 preset programs, 3 control modes, 5 data windows, 200 ft. / minute speed

One Cycle Plus Total Body Workout: 5 terrain programs, 4 item data display, separate resistance adjustments for lower & upper body, upper body resistance in both directions

One Hybrid Cycle: fully padded seat, LED display, 8 preset programs, 25 resistance levels, display feedback

Six Matrix Treadmills: 0-15% incline range, .05-12 mph speed range, 7 display feedbacks, 6 preset programs, LED display console

Six Matrix Ellipticals: LED display console, 8 display feedbacks, 8 preset programs, 20 resistance levels, 21" stride length, air cell cushion foot pads, multi position dual action handle bar design

Two Matrix Recumbent Cycles: fully padded seat & back, LED display, 8 display feedback, 8 preset programs, 25 resistance levels, seat side & front handlebar design, oversized platform pedals

One Matrix Upright Cycle: fully padded comfort groove seat, LED display, display feedback, 8 preset programs, 25 resistance levels, full racing style handlebars

## **Weight Training Equipment:**

One Matrix Vertical Chest Press: press arm adjusts for user to set their own range of motion, overhead pivot provides more natural pattern, oversized dual hand grips, single pin seat adjustment

One Matrix Rear Delt / Pec Fly: use arm pivots for individual forearm length and varying paths of motion, handle position designed to reduce the need to readjust the seat position, single pin weight adjustment, single pin seat adjustment

One Matrix Lat Pull Down: thigh pads easily adjust for both stability and safety; angled bar assures arm / wrist position, single pin weight adjustment

One Matrix Seated Leg Press: large non-skid footplates for users of all sizes, side padded handlebars, padded seat & back, single pin seat adjustment, four bar linkage provides variable resistance

One Matrix Abdominal Crunch: single pin seat adjustment, single pin arm press adjustment allows user to determine their own starting position, lower back seat pad enhances alignment

One Matrix Seated Dip: upper body, handle rotates in and out allowing user to determine the proper exercise position for their shoulder width, grips are over-molded to ensure a secure, non-slip feel, back pad is tilted forward to help reduce stress in the shoulder joints and encourage full range of motion

One Matrix Seated Row: lower body, multiple grips are provided for greater exercise variety to train the mid or upper back muscles, overhead pivot creates a bio-mechanically optimal arc of motion

One Matrix Shoulder Press: upper body, pressing arm includes both bar and neutral grips for individual preference or anatomical limitations, range of motion is adjusted with the use of the seat position, oversized hand grips for greater comfort

One Matrix 10 Set Dumbbell Rack & Dumbbells: offset angle prevents wrist strain when remounting, individual cradles, urethane coated dumbbells, range from 5lb. to 50 lb.

**Six Piece Quick Circuit:**

Arm Curl (Upper Body)

Chest Press (Upper Body)

Leg Press (Lower Body)

Seated Dip (Upper Body)

Seated Row (Upper Body)

Shoulder Press (Upper Body)

# **FITNESS:** Rules & Regulations, Release & Waiver of Claims and Hold & Harmless Agreement

Last Name

*To be signed **AFTER** receiving a Fitness Orientation from DCS Staff.*

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Last Name                      First Name                      Orientation Date

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

First Name

## **FITNESS RULES & REGULATIONS**

1. The Fitness Area is open during regular Community Center hours of operation unless otherwise stated.
2. Each user / patron must purchase the appropriate pass or pay the daily fee. Fitness ID pass cards may not be loaned or transferred from one person to another person.
3. The “*colored fitness user tags*” that are available at the service desk for each visit **must be worn on an outer garment during use of the fitness area.** At the conclusion of your workout the colored user tags must be returned to the service desk. This procedure will be repeated each time you visit the fitness area.
4. A set of equipment use / operating instructions are available at the fitness area desk.
5. If you need immediate, urgent, assistance while using the fitness area please DIAL EXTENSION 370 OR 371 from the fitness area in-house phone to reach the Community Center service desk staff.
6. No smoking, eating, or drinking on the Community Center fitness area premises. Water Bottles are allowed.
7. HAMPTON TOWNSHIP IS COMMITTED TO A DRUG FREE ENVIRONMENT. The use of any illegal substance is not permitted on Township premises. Patrons in possession of any illegal substance and / or identified as an intoxicated patron on Township premises will have their user rights terminated. Any such patron will also be reported to the proper law enforcement authority.
8. All persons MUST undergo an orientation / training session on fitness equipment with a DCS staff member before their first use of Community Center fitness equipment.
9. Only persons who have completed their training and have a signed waiver exempting the Township of Hampton, its personnel, and employees of responsibility if they are injured while using the equipment, may utilize the equipment.
10. Wear comfortable clothing (athletic wear) for your workout. Keep in mind shirts and closed toed shoes are required at all times. No shoes with mud or dirt. Weight belt buckles should not come in contact with the fabric covering the machines.
11. Please share the equipment and work in-between sets with each other.
12. All equipment must be cleaned immediately after use. (Spray with cleaner provided then wipe off with towels provided)

13. AGE and TIME Requirements are:

- a. YOUTH patrons under the age of 10 are **not permitted** in the fitness area at any time due to the risk of injury.
- b. YOUTH Patrons ages 10-15 are ONLY permitted in the fitness area after they have completed and passed the proper training and have obtained parent consent to use said equipment. This includes while a parent is working out.
- c. YOUTH Patrons ages 10-15 that have completed the training **must be with a fitness area patron 18 years of age or over to use fitness equipment.**
- d. PATRONS ages 16 and up may use all the equipment. However, before use is permitted the patron must be trained on the equipment or demonstrate knowledge of proper use of the equipment to our staff.

14. To Accommodate User Demands:

- a. Use of each piece of cardio equipment is limited to thirty (30) minutes of use at one time per person.
- b. Please be sure to sign up for your 30-minute time slot for each piece of cardio equipment on the appropriate sign in sheets located at the fitness area desk.

15. Your physician should be consulted before using the equipment or starting an exercise program.

16. Patrons may be required to have a complete physical examination before training on the equipment. A physician's recommendation will be necessary for anyone who has or had acute arthritis, anemia, tuberculosis, severe kidney disease, heart problems, low blood sugar, back problems, or any other illness or injury that could be agitated by working out on the equipment.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Arthritis           | <input type="checkbox"/> Sever Kidney Disease | <input type="checkbox"/> Low Blood Pressure |
| <input type="checkbox"/> Sever Liver Disease | <input type="checkbox"/> High Blood Pressure  | <input type="checkbox"/> Tuberculosis       |
| <input type="checkbox"/> Anemia              | <input type="checkbox"/> Heart Problems       | <input type="checkbox"/> Back Problems      |

Other (please explain): \_\_\_\_\_

17. The DCS Staff will not be responsible for setting routines for any patron. **USE OF ALL EQUIPMENT IS AT YOUR OWN RISK.** The Township of Hampton will not be held responsible for injury resulting from use of the equipment.

18. Any problems, questions, or comments concerning the Fitness Program should be directed to the DCS service desk.

19. Any patrons seen abusing the equipment or not abiding by the above rules and regulations will be subject to having their user rights revoked. Climbing, hanging, playing on, or misuse of the equipment is prohibited.

**I have carefully read the rules and regulations for the Fitness Area and agree to abide by them. I agree to present a signed physician's consent form if requested to do so. I have completed an orientation of the fitness / wellness center with a DCS staff member. I have understood instruction on all equipment and take full responsibility for my personal workout. If I have any reservations about using the equipment, I agree to schedule an appointment with a personal trainer for further instruction.**

**TO BE SIGNED ONLY AFTER RECEIVING ORIENTATION FROM DCS STAFF**

|                           |                                |                       |
|---------------------------|--------------------------------|-----------------------|
| _____/_____/_____<br>Date | X _____<br>Signature of Patron | X _____<br>Print Name |
|---------------------------|--------------------------------|-----------------------|

**Applicants under the age of 18:** ↓

X \_\_\_\_\_  
Print Name of Parent / Guardian

X \_\_\_\_\_  
Signature of Parent / Guardian (if under the age of 18)

# RELEASE & WAIVER OF CLAIMS AND HOLD HARMLESS AGREEMENT

I understand and agree that the Township of Hampton is not responsible for any bodily injury or property damage that I may incur and will not pay any medical bills or other costs or damages related to any incident occurring on the premises of Hampton Township. I further agree not to sue the Township of Hampton in connection with these activities.

**IF UNDER THE AGE OF EIGHTEEN: ↓**

**Name of Child:** \_\_\_\_\_  
(under the age of eighteen)

As the  parent / legal guardian I hereby give permission for him / her to use the Township of Hampton Community Center Fitness Area under the terms and condition of this agreement.

I agree to indemnify, protect, and hold harmless the Township of Hampton, its officers, directors, employees, agents, attorneys, successors, and assigns, from and against all losses, cost including without limitations, litigation cost and attorney fees, claims, lawsuits, actions, damages, liabilities, and expenses, in connection with loss of life, bodily injury, personal injury, or property damage, resulting wholly or apart from the use of the Township of Hampton Community Center Fitness Area equipment, and premises.

I understand and agree that if the rules and time limits imposed by the Township of Hampton are not followed that the Township of Hampton may revoke its permission to use its facilities.

I attest that I am physically fit to participate in physical activities and that my medical condition to do so has been verified by a licensed physician.

I have read the above conditions and accept them as shown by my signature, and my intent to be legally bound.

**TO BE SIGNED ONLY AFTER RECEIVING ORIENTATION FROM DCS STAFF.**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_      X \_\_\_\_\_      X \_\_\_\_\_  
Date                      Signature of Patron                      Print Name

**IF UNDER THE AGE OF EIGHTEEN:**

X \_\_\_\_\_      X \_\_\_\_\_      \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
Print Name of Parent / Guardian      Signature of Parent / Guardian      Date Signed

\_\_\_\_\_  
Print Name of CHILD under the age of 18

**DATE OF CARDIO / STRENGTH ORIENTATION / TRAINING:**      \_\_\_\_/\_\_\_\_/\_\_\_\_\_

**SIGNATURE OF DCS STAFF DOING TRAINING:**      X \_\_\_\_\_

## **DCS STAFF WILL EXPLAIN:**

- What each piece of equipment is
- How each piece of equipment works
- General cleaning and wipe-off procedures for equipment
- How to use the cardio equipment sign-up sheets
- Rules of the Fitness Area
- Stretching area
- Where the in-house phone is located
- Admission procedures and colored fitness user tags
- Use of the TV's
- Any other questions
- Rules, Release & Waiver of Claims and Hold Harmless Agreement are signed