

Guest Agreement

Guest understands that fitness activities, including but not limited to strength and aerobic training, can lead to serious physical injuries. Guest acknowledges and agrees that they are solely responsible for their safe and responsible use of Shames JCC on-the-Hudson facilities, whether or not supervised by a Shames JCC on-the-Hudson representative. Guest hereby expressly assumes the risk that they, or their guest, may suffer injury as a result of their use of Shames JCC on-the-Hudson, facilities or equipment of participation in Shames JCC on-the-Hudson activities. Guest agrees for their self and on behalf of their guests, heirs, representatives, successors and assigns ("guest parties") that the Shames JCC on-the-Hudson, including its owners, partners, members, directors, officers, employees, and agents ("Shames JCC on-the-Hudson parties") will not be liable for any damages or injuries guest parties may suffer in or about the Shames JCC on-the-Hudson unless caused by gross negligence of Shames JCC on-the-Hudson. Guest agrees on their behalf and on the behalf of guest parties that none of them will make any claim against, sue or attach the property of any Shames JCC on-the-Hudson party r liable for any loss, theft or damage to guest's personal property in or about the Shames JCC on-the-Hudson, including any personal property kept in a locker at the Shames JCC on-the-Hudson facilities.

Outside trainers are not allowed. All exercise instructions and private training is to be given to Shames JCC on-the-Hudson fitness staff only. Proper attire is required for participants using the Shames JCC on-the-Hudson. Shirts and shoes are required in all public and recreational areas. Proper swimwear is required in the pool areas.