



Thank you for joining the US Fitness family! Please fill out the below form to get your membership started.

Employee Name : _____ Employee ID: _____

Date of Birth: _____ Barcode # (current members only): _____

Email: _____ Phone Number: _____

Emergency Contact Name: _____ Emergency Contact Phone #: _____

Mailing Address: _____

Member Add On(s):

Member Name: _____ Date of Birth: _____
First Name Last Name *MM/DD/YY*

Member Name: _____ Date of Birth: _____
First Name Last Name *MM/DD/YY*

Member Name: _____ Date of Birth: _____
First Name Last Name *MM/DD/YY*

| Onelife Fitness | | | | |
|---|------------|-----------|------------------------|-------------|
| Location | Individual | Couple | Child Rate* (Add Rate) | Enter Total |
| Alexandria | \$ 34.99 | \$ 69.98 | | |
| Ballston Quarter | \$ 34.99 | \$ 69.98 | | |
| Brambleton | \$ 34.99 | \$ 69.98 | | |
| Burke | \$ 34.99 | \$ 69.98 | | |
| Gainesville | \$ 34.99 | \$ 69.98 | | |
| Gainesville Express | \$ 26.99 | \$ 53.98 | | |
| Hagerstown VM | \$ 26.99 | \$ 53.98 | | |
| North Frederick | \$ 34.99 | \$ 69.98 | | |
| Martinsburg | \$ 19.99 | \$ 39.98 | | |
| Reston | \$ 34.99 | \$ 69.98 | | |
| Rockville | \$ 34.99 | \$ 69.98 | | |
| Skyline | \$ 34.99 | \$ 69.98 | | |
| South Frederick | \$ 26.99 | \$ 53.98 | | |
| Stafford | \$ 34.99 | \$ 69.98 | | |
| Winchester | \$ 24.99 | \$ 49.98 | | |
| Woodbridge | \$ 34.99 | \$ 69.98 | | |
| All Onelife Fitness Club Access | \$ 39.99 | \$ 89.98 | | |
| All Sport&Health Club and Onelife Fitness Club Access | \$ 79.99 | \$ 129.99 | | |

Select one of the following options:

*Capitol Hill pricing varies

| Sport&Health | | | | |
|--|-----------------|------------------|------------------------|-------------|
| Location | Individual | Couple | Child Rate* (Add Rate) | Enter Total |
| Bethesda | \$ 69.99 | \$ 119.99 | | |
| Capitol Hill | \$ 74.99 (+tax) | \$ 149.98 (+tax) | | |
| Crystal Park | \$ 69.99 | \$ 119.99 | | |
| Lakeforest | \$ 26.99 | \$ 53.98 | | |
| McLean | \$ 69.99 | \$ 119.99 | | |
| Northwest | \$ 34.99 (+tax) | \$ 69.99 (+tax) | | |
| Old Town | \$ 69.99 | \$ 119.99 | | |
| Pike and Rose | \$ 54.99 | \$ 93.99 | | |
| Tysons | \$ 54.99 | \$ 84.99 | | |
| Worldgate | \$ 54.99 | \$ 89.99 | | |
| All Sport&Health Club and Onelife Fitness Access | \$ 79.99 | \$ 129.99 | | |

*Capitol Hill pricing varies

| Onelife Fitness Child Rates | Per Child |
|------------------------------------|-----------|
| Child 13 -21 years of age | \$ 29.99 |
| 1st child 12 and under | \$ TBD |
| 2nd child 12 and under | \$ TBD |
| Each additional child 12 and under | \$ 9.99 |

| Sport&Health Children Flat Fee | |
|--------------------------------|--|
| Children up to 18 years of age | |
| TBD | |
| TBD | |

**Pricing varies by club

The membership effective date is based on the enrollment date on this form. The prorated monthly dues are waived for the initial month if enrolled before the 1st of the month.

Nonpayment of monthly dues will result in cancellation of the membership.

The completed enrollment form is to be submitted to Shenandoah University via email at kjenkins@su.edu. If you have any questions, contact Kara Jenkins at kjenkins@su.edu.

x _____
Employee Signature

x _____
Date of Signature

Terms and Conditions

1. DEFINITIONS. The term "member" means, jointly and severally, the undersigned primary member together with each sub member and dependent child included in the primary member's membership in a club. "Holdings" means US Fitness Holdings, LLC. "S&H" means Sport & Health Holdings, LLC. "Affiliate" means any person or entity directly or indirectly controlled by, controlling, or under common control with Holdings or S&H, and the term "control", and terms correlative thereto, shall mean direct or indirect ownership of not less than fifty percent (50%) of all of the voting stock or other controlling legal or equitable interest in the subject person/entity. The term "club" means a health and fitness club operated and/or managed by a USF Entity. "USF Entity" means Holdings, S&H, and their respective Affiliates and subsidiaries. Member shall be responsible for any improper, destructive, or abusive conduct of member. "Affiliate" means any person or entity directly or indirectly controlled by, controlling, or under common control with Holdings or S&H, and the term "control", and terms correlative thereto, shall mean direct or indirect ownership of not less than fifty percent (50%) of all of the voting stock or other controlling legal or equitable interest in the subject person/entity. The term "club" means a health and fitness club operated and/or managed by a USF Entity.

2. MEMBER'S PHYSICAL CONDITION. Member acknowledges that (i) member is voluntarily engaging in physical exercise, (ii) member has no congenital, physical, or mental health problems, including, without limitation, any cardiovascular, neurological, or any other illness, disability, disease, or other condition, that will prevent the member from exercising or participating in, and/or using, any equipment, facilities, programs, personal training instruction, classes, activities, and/or any other services or events provided by, or sponsored by, any club or any USF Entity whether on or off a club's premises (collectively, the "Club Facilities") without injury to member or impairment of member's health, (iii) member has consulted a licensed physician concerning an exercise program that will not subject member to risk of injury or impairment of health and member's physician has approved member's contemplated participation in and/or use of Club Facilities, and (iv) no employee of any USF Entity has given member any medical advice and member is relying solely on the advice of member's physicians regarding member's ability to exercise or participate in, and/or use, any Club Facilities. If member has any special exercise requirements or limitations, member shall disclose them to the applicable club in writing before participating in or using, or when seeking help or advice regarding, any Club Facilities.

3. ASSUMPTION OF RISK. Member understands that engaging in physical activities and participation in and/or use of the Club Facilities involves an inherent risk of loss or injury to persons or property. Member further understands that this risk includes, without limitation, loss or injury arising from or relating to (i) member's participation in and/or use of the Club Facilities (including locker rooms and spa, pool, shower, and other wet areas in a club), whether supervised or unsupervised and whether on or off club premises; (ii) any dietary recommendations by any club staff; (iii) medical disorders resulting from member's participation in and/or use of the Club Facilities including, without limitation, death, serious neck and spinal injuries resulting in complete or partial paralysis, heart attacks, stroke, injury to bones, joints, or muscles, and complications or other consequences relating thereto; (iv) accidents (whether caused by member or any other person), including, without limitation, slip and fall accidents in or around club premises (including, without limitation, hallways, locker rooms, lobbies, pool and other wet areas, and parking areas), while participating in and/or using Club Facilities or traveling to/from a club; (v) theft or loss of personal property (including, without limitation, personal property kept in lockers); and (vi) theft or loss of property while using Club Facilities. Member expressly agrees that member (a) is participating in and/or using the Club Facilities at member's sole risk with knowledge of the dangers involved, and (b) to the extent permitted under applicable law, assumes all risk of loss and/or injury to persons or property (including, without limitation, the risks enumerated above) and full responsibility for such loss or injury whether due to participating in and/or using the Club Facilities, improper supervision or instruction, or for any other reason whatsoever, including, without limitation, ordinary negligence on the part of any USF Entity or their respective principals, contractors, Affiliates, employees, equity holders, directors, officers, agents, representatives, successors, assigns, guests, or invitees (each a "USF Party") (each such injury or loss, a "Loss"). Member is cautioned against bringing valuables onto club premises. Without limiting anything set forth in this Waiver, all personal effects, automobiles, and other property brought by the member onto club premises shall be solely the member's responsibility, and no USF Party shall be liable for any damage, destruction, theft, or other Loss of such personal property.

4. WAIVER AND RELEASE OF LIABILITY. To the extent permitted under applicable law, member (a) waives any and all claims and rights that member may now or hereafter have against any USF Party for any Loss; and (b) releases, discharges, holds harmless, and indemnifies each USF Party from, and covenants not to sue any USF Party with respect to, any and all now existing or hereafter arising claims, losses, injuries (including, without limitation, death), causes of action, suits, judgments, demands, fees, costs,

expenses (including, without limitation, attorneys' fees, costs, and expenses), damages, and other liabilities with respect to any Loss. Member acknowledges that member (i) has carefully read this Section and fully understands its terms; and (ii) to the extent permitted under applicable law, is waiving any right to bring any action against any USF Party with respect to any Loss. In the case of each sub member and dependent child included in the term "member", the member executing this Waiver acknowledges that he/she is executing this Waiver on behalf of such sub member and dependent child and that such sub member and dependent child shall be bound by all of the terms of this Waiver including, without limitation, this Section. This Section, including the indemnification and hold harmless obligations and liabilities, shall survive the execution, delivery, and expiration or earlier termination of this Agreement.

5. COMMUNICATION; PHOTOGRAPHS. Member agrees to the use of e-mail, text messaging, mail, telephone (including cell phone), and any other form of communication via a mobile device, the internet, or other electronic or technology-based media as a form of personal and promotional communication with a USF Entity. Member e-mail addresses will not be sold or rented to third parties, but may be made available to contract vendors solely for promoting affinity programs with a USF Entity. Holdings will remove member's e-mail address from its database upon member's written request. Member agrees that each USF Entity shall have the right to (i) take photographs of member in any club premises and to copyright, use, and/or publish any and all photographs or pictures of member, or in which member may be included, without restriction as to changes, format, and/or medium (collectively, the "Photographs"); and (ii) copyright, use, and/or publish, all or any part of the Photographs through any and all medium now or hereafter known or existing including, without limitation, on social media, on the internet, in print, in advertising brochures, on radio and/or television, and/or on any internet web page maintained by a USF Entity; in each case for illustration, art, promotion, advertising, marketing, and/or trade purposes (each a "Product"). Member (i) waives and relinquishes all right, title, and interest that member may have in or to any Photograph (including, without limitation, all negatives thereof) or Product, or the use to which it may be applied, and any payments therefor; and (ii) releases, discharges, and agrees to indemnify and hold harmless each USF Party, and all persons functioning under such USF Party's permission or authority, from any liability in connection with the taking of any Photograph or use thereof in any Product or otherwise, including, without limitation, any claims for libel or invasion of privacy. This Section shall survive the execution, delivery, and expiration or earlier termination of this Agreement.

6. DISPUTES; ARBITRATION. Member agrees that any dispute or claim relating in any way to member's use of any Club Facilities (whether supervised or unsupervised and whether on or off club premises) or in any way related to member's membership in a club will be resolved by binding arbitration rather than in court, except that member may assert claims in small claims court if such claims qualify. The Federal Arbitration Act (as amended) and federal arbitration law apply to this Waiver. There is no judge or jury in arbitration and court review of an arbitration award is limited. However, an arbitrator can award on an individual basis the same damages and relief as a court (including injunctive and declaratory relief or statutory damages) and must follow the terms of this Waiver as a court would. To begin an arbitration proceeding, member must send a letter (via certified mail, return receipt requested, or via reputable overnight courier, in each case postage prepaid), addressed to US Fitness Holdings, LLC, 1760 Old Meadow Road, Suite 300, McLean, VA 22102, Attention: Registered Agent, requesting arbitration and describing member's claim. The arbitration shall be conducted by the American Arbitration Association ("AAA") under its rules. The AAA's rules are available at www.adr.org or by calling 800-778-7879. Member and each USF Party each agree to pay his/her/its own fees and costs relating to the arbitration. Member understands and agrees that the initial payment to commence an arbitration will be paid by member, and that Holdings will reimburse such filing fee if member is eventually successful in member's arbitration proceeding. Payment of all filing and arbitrator fees will be governed by the AAA's rules. Member and each USF Party each agree that any dispute resolution proceeding will be conducted only on an individual basis and not in a class-action, class-wide, or consolidated basis, or representative action. There shall be no right or authority for any claims to be arbitrated on a class-action, class-wide, or consolidated basis or representative action whatsoever, and member understands that member is waiving any right to proceed in a class action, class-wide, or consolidated basis or representative action, whether within or outside of arbitration, and understands that all claims regarding member's relationship with a USF Party are governed solely on an individual basis in arbitration. If for any reason a claim proceeds in court rather than in arbitration, member and each USF Party each waive his/her/its right to a jury trial. In the event of a conflict between this section and any other section of this Waiver, the terms and provisions of this section shall govern. This Section shall survive the execution, delivery, and expiration or earlier termination of this Agreement.

By executing below, Member agrees to the foregoing.

Member: _____

Date: _____