

OPEN GYM AGREEMENT

NAME: _____ START DATE: _____

Our Open Gym policies may evolve as we observe how our athletes use this time, therefore this Agreement is subject to change with notification.

Open Gym hours are for work on skills (i.e. pulling movements like pull ups, pushing movements like pushups and dips, double-unders, pistols, toes-to-bar, etc.), practice and refine the Olympic Lifts (Cleans, Snatches, Jerks), and perform basic lifts (Squats, Presses, Deadlifts, etc.) to improve strength! The rowers are available for conditioning, and we have a 400M loop laid out.

Without supervision on the floor, the following rules must be agreed to and adhered to without exception. As an Open Gym athlete, you are as responsible for following the rules as you are for enforcing them during this time.

Open Gym Hours:

Monday	12:00pm - 1:00pm 2:00pm - 5:30pm
Tuesday	8:00am - 10:00am 11:00am - 1:00pm
Wednesday	12:00pm - 5:30pm
Thursday	9:00am - 10:00am 11:00am - 2:00pm*
	<i>*Box is cleaned during this time so you would work around the floor cleaner and vice versa.</i>
Friday	12:00 - 5:30pm

- 1. Applicability of Open Gym.** Athletes applying for independent Open Gym will likely be seasoned athletes who are proficient at the majority of the lifts and who can use videos and past instruction of a coach to work on strength and skills. If you are not at that level, you may request Open Gym, but may be asked to sign up for a few personal training sessions to design the program for your open gym.
- 2. Open Gym is Unsupervised.** There will likely be a coach on site, but not necessarily on the floor. They may be trying to train during your Open Gym time.

Open Gym is designed for an athlete who has a plan (or asks us to put one together for them) and can then come in and independently follow it. We try to be pretty black and white around here, but this may be a case where a subjective review is in order. If you need help figuring things out, loading bars, etc., there may be no one available to do that. Open Gym is designed for independent training sessions.

Open Gym will not be supervised by a coach, but there will be a coach on site. Exceptions may occur, and if, in the event, the coach needs to leave the facility during Open Gym hours, the north-west-most door will be left unlocked. Upon executing this agreement you'll be shown the door.

3. **If Coaches are training, please respect their time.** Their training may differ from yours and if they are working on a conditioning drill, it's not an open invitation to join ☺. You should come in with a plan of what you're going to do.
4. **Clean Up After Training.** All equipment used must be broken down and returned to its proper place. Leave the gym in better shape than you found it. If we find bars left out from Open Gym times, it may result in termination of the program.
5. **Electronics.** Wall Timers/Clocks are not to be used during Open Gym. Stopwatches are fine. Stereo can be set for you by the coaches.
6. **Basic Criteria.** You must be a member of CFWP/GrandMastersRx and 18 years or older to sign up for Open Gym.
7. **The Cost of Open Gym is \$30.00 / month** in addition to your monthly membership fee. Open Gym is due on the first of the month with your dues and may not be prorated.
8. **"Legitimate Couples"** – same household. 1st member \$30, 2nd member \$17.50.
9. **This is currently only available to members of the Legends/GMRX Program.**

Your signature below indicates you have read and understand the rules and agree to abide by them.

Signature: _____

Date: _____

PAID BY: Cash/Check CC CC not on file (CC information collected)