

# ATTENTION PATRONS:

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Exercising may cause conditions, such as dizziness, light-headedness, disorientation, exhaustion, or other signs or symptoms, that put the exerciser at risk. If you experience any of these conditions, you should cease exercising and contact a member of the staff.

Please seek out the assistance of a doctor or fitness professionals prior to beginning a fitness program.

By entering this facility, I understand that participation in any physical and recreational activities and programs at the Colvin Recreation Center and/or Seretean Wellness Center including use of equipment in the Facilities, is voluntary and use of equipment and participation in physical and recreational activities and programs in this facility that requires physical exertion may involve substantial risks of bodily injury, death and other dangers associated with participation in physical and recreational activities.

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