



Membership Application

First Name: _____ Last Name: _____

Birth Date: _____

Home/Cell Phone: _____ Work Phone: _____

Address: _____ City: _____

State: _____ Zip: _____ DOC E-mail Address: _____

Emergency Contact Name: _____ Relationship: _____

Emergency Contact Home/Cell Phone: _____ Work Phone: _____

Referred? Yes No If yes, by whom? _____

1. How did you hear about the fitness center?

- Tour Newsletter Event, please specify: _____
- Web page Word of mouth Other, please specify: _____

2. What feature of the fitness center is most important to you?

- Convenience Virtual Classes Other, please specify: _____
- Cost Programs/Services

3. What personal aspect(s) influenced you to join the fitness center?

- Weight loss Stress reduction
- Increase energy level Increase self-confidence.
- Social interaction Increase cardiovascular endurance, muscular strength, flexibility
- Decrease cardiovascular risk factors Decrease other health issues.
- (BP, cholesterol, inactivity, family history) (diabetes, thyroid disorder, breathing disorder, bone, or joint issues)

Other, please specify: _____

4. When do you anticipate using the gym?

- 6 a.m.-9 a.m. 3p.m.-5 p.m.
- 9 a.m.- 11 a.m. 5 p.m.- 7p.m.
- 11a.m.-1 p.m. 7p.m.-
- 1p.m.-3 p.m. Weekends

Other, please specify: _____

Membership Information –

Membership Type: Employee Contractor Detailee Student/Intern

Payment Type: DOC Employee-Payroll Deduction Contractor-Check/Cash/Venmo

OFFICE USE ONLY	
Date Received:	Medical Clearance Required: Yes <input type="checkbox"/> No <input type="checkbox"/>
Date Approved:	Date Sent:
Health Consultation Date:	Date Received:

Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a Qualified Exercise Professional (QEP – has post-secondary education in exercise sciences and an advanced certification in the area – see csep.ca/certifications) or health care provider is advisable. This questionnaire is intended for all ages - to help move you along the path to becoming more physically active.

- I am completing this questionnaire for myself.
- I am completing this questionnaire for my child/dependent as parent/guardian.

PREPARE TO BECOME MORE ACTIVE

The following questions will help to ensure that you have a safe physical activity experience. Please answer **YES** or **NO** to each question before you become more physically active. If you are unsure about any question, answer **YES**.

1 Have you experienced ANY of the following (A to F) within the past six months?

- | | | |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | A A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity? |
| <input type="radio"/> | <input type="radio"/> | B A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher? |
| <input type="radio"/> | <input type="radio"/> | C Dizziness or lightheadedness during physical activity? |
| <input type="radio"/> | <input type="radio"/> | D Shortness of breath at rest? |
| <input type="radio"/> | <input type="radio"/> | E Loss of consciousness/fainting for any reason? |
| <input type="radio"/> | <input type="radio"/> | F Concussion? |

2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

3 Has a health care provider told you that you should avoid or modify certain types of physical activity?

4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

... ► **NO** to all questions: go to Page 2 - ASSESS YOUR CURRENT PHYSICAL ACTIVITY ... ►

YES to any question: go to Reference Document - ADVICE ON WHAT TO DO IF YOU HAVE A YES RESPONSE ... ►►

ASSESS YOUR CURRENT PHYSICAL ACTIVITY

Answer the following questions to assess how active you are now.

- 1 During a typical week, on how many days do you do moderate- to vigorous-intensity aerobic physical activity (such as brisk walking, cycling or jogging)? DAYS/WEEK
 - 2 On days that you do at least moderate-intensity aerobic physical activity (e.g., brisk walking), for how many minutes do you do this activity? MINUTES/DAY
- For adults, please multiply your average number of days/week by the average number of minutes/day: MINUTES/WEEK

Canadian Physical Activity Guidelines recommend that adults accumulate at least 150 minutes of moderate- to vigorous-intensity physical activity per week. For children and youth, at least 60 minutes daily is recommended. Strengthening muscles and bones at least two times per week for adults, and three times per week for children and youth, is also recommended (see csep.ca/guidelines).



GENERAL ADVICE FOR BECOMING MORE ACTIVE

Increase your physical activity gradually so that you have a positive experience. Build physical activities that you enjoy into your day (e.g., take a walk with a friend, ride your bike to school or work) and reduce your sedentary behavior (e.g., prolonged sitting).

If you want to do **vigorous-intensity physical activity** (i.e., physical activity at an intensity that makes it hard to carry on a conversation), and you do not meet minimum physical activity recommendations noted above, consult a Qualified Exercise Professional (QEP) beforehand. This can help ensure that your physical activity is safe and suitable for your circumstances.

Physical activity is also an important part of a healthy pregnancy.

Delay becoming more active if you are not feeling well because of a temporary illness.



DECLARATION

*To the best of my knowledge, all of the information I have supplied on this questionnaire is correct.
If my health changes, I will complete this questionnaire again.*

I answered **NO** to all questions on Page 1



Sign and date the Declaration below



I answered **YES** to any question on Page 1

Check the box below that applies to you:

I have consulted a health care provider or Qualified Exercise Professional (QEP) who has recommended that I become more physically active.

I am comfortable with becoming more physically active on my own without consulting a health care provider or QEP.

<input type="text"/>	<input type="text"/>	<input type="text"/>
Name (+ Name of Parent/Guardian if applicable) [Please print]	Signature (or Signature of Parent/Guardian if applicable)	Date of Birth
<input type="text"/>	<input type="text"/>	<input type="text"/>
Date	Email (optional)	Telephone (optional)

With planning and support you can enjoy the benefits of becoming more physically active. A QEP can help.

Check this box if you would like to consult a QEP about becoming more physically active.
(This completed questionnaire will help the QEP get to know you and understand your needs.)



WAIVER AND RELEASE FORM

In consideration of the opportunity afforded to me by Commerce Occupational Health Organization (COHO) to use the fitness center equipment and participate in the fitness center activities, (the "Fitness Program"), which Fitness Program is being conducted and administered by Corporate Fitness Works, Inc. ("Corporate Fitness Works"), a Florida corporation, I, for myself, my spouse, legal representative, heirs and assigns, freely and voluntarily make the following statements, waivers, releases and indemnifications which I understand are legally binding.

I have been provided notification of the COHO Code of Conduct and COHO Rules and Regulations (posted in the Fitness Center and available on the COHO Website at <http://www.cohofitness.com/rules-regulations.html>) and I have reviewed them. I agree to observe and comply with them whenever I am in the fitness center. I am not obligated to participate in the Fitness Program, and if I choose to participate, I understand that I may terminate my participation at any time. If I wish to terminate my participation in the Fitness Program, I understand that I must notify COHO staff, complete the relevant termination paperwork, and that cancellation of payroll deduction may take up to two pay periods to process. I understand that there are certain risks, whether foreseeable or unforeseeable, connected with participation in the Fitness Program which may expose me to the risk of illness and/or bodily injury, including death, as well as property damage. I acknowledge the foregoing risks and assume full responsibility for any injury or damage sustained, directly or indirectly, from my participation in the Fitness Program.

I acknowledge and agree that it is solely my responsibility to ensure that I am physically fit and/or adequately skilled to use exercise equipment or participate in any exercise activity provided by the Fitness Program. I acknowledge that Corporate Fitness Works, Inc. and COHO have advised me to consult with a medical doctor prior to using exercise equipment or participating in any exercise activity provided in the Fitness Program.

I agree to release and hold harmless Corporate Fitness Works, COHO, and the shareholders, directors, officers, employees, independent contractors, agents, representatives, and insurers of Corporate Fitness Works and COHO from any and all claims, liability, damages, losses, costs and expenses, including but not limited to, attorneys' fees, resulting from, or in any way related to, the Fitness Program. I further agree to indemnify and hold harmless Corporate Fitness Works, COHO, and the shareholders, directors, officers, employees, independent contractors, agents, representatives, and insurers of Corporate Fitness Works and COHO from damages, losses, costs, and expenses, including attorneys' fees, suffered by Corporate Fitness Works, COHO, and/or the shareholders, directors, officers, employees, independent contractors, agents, representatives and insurers of Corporate Fitness Works and COHO, as a result of or arising out of my participation in, or association with, the Fitness Program.

It is my intention by signing this document to relieve Corporate Fitness Works and COHO from all liability for personal injury or property damage I may sustain by participating in the Fitness Program. I intend for this Waiver and Release Form to be as broad as permitted by applicable law. If any portion is held invalid, I agree that the remaining portions shall continue in full legal force and effect. This Waiver and Release Form shall be effective as of the date signed below and may not be revoked or amended without the express written consent of Corporate Fitness Works and Commerce Occupational Health Organization (COHO).

I HAVE CAREFULLY READ, FULLY UNDERSTAND, AND VOLUNTARILY SIGN THIS DOCUMENT.

Name of Participant (Print Name) _____ Date _____

Address: Street _____ City _____ State _____ Zip _____

Signature of Participant (or Parent/ Legal Guardian if Participant is under 18) _____

Witness - Corporate Fitness Works (Print Name) _____ Date _____

Signature _____

Privacy Policy

Effective date: March 8, 2021

Introduction

Corporate Fitness Works, Inc. (“Company” or “we” or “us”) respects your privacy and is committed to protecting it through compliance with this policy.

This policy describes the types of information we may collect from you when you visit one of our fitness centers, one of our websites (<https://corporatefitnessworks.cm>, <https://well-on-track.com>, <https://cfwvirtual.com>, <https://www.ptminder.com>, <https://streaming.corporatefitnessworks.com>, <https://info.corporatefitnessworks.com>, <https://healthycommunity.ca>, or <https://corehealth.global>, (together, our “Website”)), or our mobile application or otherwise use our products or services and our practices for collecting, using, maintaining, protecting, and disclosing that information.

This policy applies to information we collect:

- On our Website or mobile application.
- In email, text, and other electronic messages between you and us.
- At one of our fitness centers.
- From sources otherwise described in this policy, such as third-party service providers we use to support our business.

This policy does not apply to information collected by any third party, including through any third-party mobile application or website or any content (including advertising) that may link to or be accessible from the Website or mobile application.

Please read this policy carefully. If you do not agree with our policies and practices, your choice is to not provide us information, use our Website or mobile application, or otherwise use our products or services. By accessing or using our Website or mobile application, our fitness center, or one of our products or services, or by signing this policy, you agree to this privacy policy.

This policy may change from time to time (see Changes to Our Privacy Policy, below). Your continued use of our Website or mobile application, one of our fitness centers, or our products or services after we make changes to this policy is deemed to be acceptance of those changes. Please check this policy periodically for updates.

Information We Collect About You and How We Collect It

We collect several types of information from users of our Website, mobile application, fitness centers, and products and services, including information:

- By which you may be personally identified, such as name, mailing address, email address, telephone number, or other information you provide to us;

- That is about you but does not necessarily identify you, such as your health or medical information, credit card information, emergency contact information, and the name of your employer or company;
- That shows the dates and times you checked into one of our fitness centers;
- That you may provide in response to one of our surveys, contests, or sweepstakes, which may include personal or demographic information;
- About your internet connection, the equipment you use to access our Website, and usage details; and/or
- Any other information you may provide to us.

We collect this information:

- Directly from you when you provide it to us or when you check into one of our fitness centers.
- Automatically as you navigate through our Website or mobile application. Information collected automatically on our Website may include usage details, IP addresses, and information collected through cookies, web beacons, or other tracking technologies.
- From third parties, including, for example, our business partners and service providers, or your employer or its service provider, in connection with our fitness centers, Website, mobile application, products, or services you may use.

Automatic Data Collection Technologies

As you visit our Website or mobile application, we may use automatic data collection technologies to collect information about your equipment, browsing actions, and patterns, including:

- Details of your visit, including traffic data, location data, logs, and other communication data and the resources you access and use.
- Information about your computer and internet connection, including your IP address, operating system, and browser type.

We may maintain or associate information we collect automatically with personal information we collect in other ways or receive from third parties. It helps us to improve our Website and mobile application and deliver a better and more personalized service, including by enabling us to:

- Estimate our audience size and usage patterns.
- Store information about your preferences, allowing us to customize our Website and mobile application according to your individual interests.
- Speed up your searches.
- Recognize you when you return to our Website or mobile application.

The technologies we use for this automatic data collection may include:

- Cookies (or browser cookies). A cookie is a small file placed on the hard drive of your computer. You may refuse to accept browser cookies by activating the appropriate setting on your browser. However, if you select this setting, you may be unable to access certain parts of our Website or mobile application. Unless you have adjusted your browser setting to refuse cookies, our system will issue cookies when you direct your browser to our Website or mobile application.
- Flash Cookies. Certain features of our Website or mobile application may use local stored objects (or Flash cookies) to collect and store information about your preferences and navigation to, from, and on our Website and mobile application. Flash cookies are not managed

by the same settings used for browser cookies. To learn how you can manage your Flash cookie settings, visit the Flash player settings page on Adobe's [website](#). If you disable or refuse cookies, please note that some parts of our Website or mobile application may be inaccessible or not function properly.

- Web Beacons. Pages of our Website or mobile application and our emails may contain small electronic files known as web beacons (also referred to as clear gifs, pixel tags, and single-pixel gifs) that permit us, for example, to count users who have visited those pages or opened an email and for other related website statistics (for example, recording the popularity of certain website content and verifying system and server integrity).

Third-Party Privacy Policies and Other Tracking Technologies

In joining one of our fitness centers or otherwise using our products or services, you may be asked to provide your information to one of our third-party service providers, such as, for example, on a mobile application. Also, our Website or mobile application may link to the websites or mobile applications of other companies or organizations not affiliated with or controlled by us, and some content or applications on our Website or mobile application are served by third parties. These third parties may use cookies, alone or in conjunction with web beacons or other tracking technologies, to collect information about you when you use our Website or mobile application or when you navigate to their websites or mobile applications. The information they collect may be associated with your personal information, or they may collect information, including personal information, about your online activities over time and across different websites, applications, and other online services. They may use this information to provide you with interest-based (behavioral) advertising or other targeted content.

We do not control the privacy practices of third parties. For example, we do not control whether or how third parties may use your information or may use tracking technologies with respect to your information. If you have any questions about a third party's privacy practices or about an advertisement or other targeted content or how any third party may collect or use your information, you should contact the responsible third party directly.

How We Use Your Information

We use information that we collect about you or that you provide to us, including any personal information:

- To provide you with information, products, or services that you request from us.
- To fulfill any other purpose for which you provide it.
- To provide you with notices about your membership, including expiration and renewal notices.
- To carry out our obligations and enforce our rights arising from any contracts entered into between you or your employer and us, including for billing and collection.
- To present our Website and mobile application and their contents to you.
- To notify you about changes to our Website, mobile application, or any products or services we offer.
- To allow you to participate in interactive features on our Website or mobile application.
- In any other way we may describe when you provide the information.
- For any other purpose with your consent.
- To contact you about our own goods and services that may be of interest to you.

Disclosure of Your Information

We may disclose aggregated information about our users, and information that does not identify any individual, without restriction.

We may disclose the information that we collect, or that you provide, as described in this privacy policy to any or all of the following:

- Our employees, contractors, service providers, software providers, professional advisers, insurers, agents, and other third parties we use to support our business.
- Any third parties as may be required by your employer to administer any programs and services in which you are enrolled.
- Any party to fulfill the purpose for which you provided the information. For example, if you provide credit card information to pay for our personal training service, we may share such information for credit card clearance, order fulfillment, customer support, or other related reasons.
- Any party to fulfill any other purpose disclosed by us when you provided the information.
- Any party with your consent.
- Any party to comply with any court order, subpoena, civil investigative demand, legal process, law, or regulation, including to respond to any government or regulatory request.
- Any party to enforce or perform any contracts, agreements, or obligations, including, for example, for billing and collection purposes.
- A buyer or other successor in the event of a merger, divestiture, restructuring, reorganization, dissolution, or other sale or transfer of some or all of our assets, whether as a going concern or as part of bankruptcy, liquidation, or similar proceeding.
- Any party if we believe disclosure is necessary or appropriate to protect the rights, property, or safety of the Company, our employees, our customers, or others. This includes exchanging information with other parties for the purpose of fraud protection and credit risk reduction.

Reviewing and Requesting Changes to Your Information

If you would like to review and request any changes to your personal information on file with us, you may direct the request to us in writing at the address or email address stated below (see Contact Information, below). We may not accommodate such a request if we believe compliance with the request would violate any law, regulation, contract, or other legal obligation or cause the information to be incorrect. We reserve the right to deny, in our sole discretion and for any reason, any request to review, change, delete, or otherwise access any information in our records.

Your California Privacy Rights

California Civil Code Section § 1798.83 may permit California residents to request certain information regarding our disclosures, if any, of personal information to third parties for their direct marketing purposes. If you are a California resident with an established business relationship with us and would like to request information from us about whether we have shared your information to third parties for their direct marketing purposes during the preceding calendar year, you may direct the request to us in writing at the mailing or email address stated below.

California law may require us to inform you how we respond to do-not-track (DNT) signals or other mechanisms that provide consumers the ability to exercise choice regarding the collection of personally identifiable information about an individual consumer's online activities over time and

across third-party websites or online services. Because there is no industry or legal standard for recognizing or honoring DNT signals or other such mechanisms, we don't respond to them at this time.

Nevada Consumers

Nevada law gives Nevada consumers the right to request that a company that operates a website for commercial purposes not sell their personal information for monetary consideration to another party for the other party to license or sell the information to additional parties. This right may apply even if personal information is not currently being sold.

We do not sell personal information and do not currently operate in Nevada. However, if you are a Nevada consumer who wishes to exercise a right to request us not to sell your personal information, please direct your request to the email address identified below (see Contact Information, below). We reserve the right to take reasonable measures to verify the authenticity of the request and the identity of the consumer making the request.

Children Under the Age of 13

Our Website and mobile application are not intended for children under 13 years of age. No one under age 13 may provide any personal information on our Website or mobile application. We do not knowingly collect personal information from children under 13. If you are under 13, do not use or provide any information on our Website or mobile application or provide any information about yourself to us, including without limitation your name, address, telephone number, or email address. If we learn we have collected or received personal information from a child under 13 without verification of parental consent, we will delete that information. If you believe we might have any information from or about a child under 13, please contact us in writing at the mailing or email address stated below.

Data Security

We have implemented administrative, technical, and physical safeguards designed to secure your information, including personal information, from accidental loss and unauthorized access, use, alteration, and disclosure.

Unfortunately, no website, application, software, system, or database is completely secure or "hacker proof." Although we try to protect your information, we cannot guarantee the security of your information. Any transmission of information, including personal information, is at your own risk. You are also responsible for taking reasonable steps to protect your information, including personal information, against unauthorized disclosure or misuse. For example, if you have a password to access an account with us, we encourage you not to share that password with anyone.

Changes to Our Privacy Policy

It is our practice to post on our Website and mobile application any changes to our privacy policy. The date the privacy policy was last revised is identified at the top of the page. You are responsible for visiting this privacy policy to check for any changes.

Contact Information

To contact us regarding the matters covered by this privacy policy, write to:

Corporate Fitness Works, Inc.
1200 16th Street North
St. Petersburg, Florida 33705
Email: Compliance@teamcfw.com

Acknowledgment:

By signing below, you acknowledge that you have read and understand the Corporate Fitness Works' Privacy Policy and have been given the opportunity to ask questions about the Policy.

Signature of Participant
(Or Parent/ Legal Guardian if Participant is under 18)

Date

Printed Name of Participant
(Or Parent/ Legal Guardian if Participant is under 18)

Corporate Fitness Works Signature

Date

Printed Name of Representative