

# *Culver City Senior Citizens Association*

*4095 Overland Avenue, Culver City, CA 90232  
(310) 253-6700*

## **Fitness Room Equipment Use Form**

The Culver City Senior Citizens Association (CCSCA), through the Fitness Room and Monitors, strives to promote a healthy lifestyle for all CCSCA members by educating them on proper and safe use of the exercise equipment. The Fitness Monitors, when requested by Fitness Room participants, will explain the proper and safe use of each piece of equipment.

If you do not request assistance from a Fitness Monitor, you are indicating that you have enough knowledge of the equipment and feel comfortable with using the equipment independently and without direct monitoring by the Fitness Monitors.

Please sign and date below that you understand this process.

Name of CCSCA Member: \_\_\_\_\_

Date: \_\_\_\_\_