



**FRANKLIN
SENIOR CENTER**
TOWN *of* FRANKLIN

Franklin Senior Center Exercise Room Waiver

The Franklin Senior Center has a fully equipped exercise room including treadmills, stationary bikes, seated elliptical, and free weights. The Franklin Senior Center requires that each member who wishes to use the exercise room at the Senior Center obtains clearance from their physician.

- Members must be independent and able to use exercise equipment without assistance.
- Members are also required to attend a one-time training session with Franklin Senior Center staff prior to using the exercise room.
- Members are required to wear sneakers at all times while using fitness equipment.

Physician Clearance

I, _____, attest that _____
(printed Doctor's Name) (printed Member's Name)
is able to use fitness equipment at the Franklin Senior Center.

Physician Signature: _____

Date: _____

Staff Use Only

Training Session Completion Date: _____

Staff Signature: _____