

Dear Pavilion Member,

I would like to take this time to congratulate you on becoming a member at The TriHealth Fitness & Health Pavilion. At The Pavilion we strive to provide the best service possible. As a part of that service, we require all members ages 14-17 to complete an assessment and orientation. This allows us to construct an exercise program that is specific to your fitness and sport goals. The assessment will measure height, weight, heart rate, blood pressure, flexibility, body composition, muscular strength, muscular endurance and cardiovascular fitness. During the orientation, we will discuss your assessment results and walk you through your workout program making sure you're comfortable with the exercise equipment.

To help ensure your safety the assessment and orientation must be completed within 30 days of joining the Pavilion. Failure to do so will result in a temporary hold being placed on your membership that will not allow you to have access to the facility.

Enclosed you will find the Informed Consent Form which needs to be read by both you and your legal guardian and signed accordingly. It is imperative you bring this Informed Consent Form with you when you come to your assessment; without it, we cannot perform the assessment. Please call the fitness staff at 985-0900 to schedule an appointment for your assessment.

Sincerely,

The TriHealth Pavilion Fitness Staff