

29 Massachusetts Avenue
Arlington, MA 02474
(Behind Homewood Suites & CVS)

Hours:
Mon - Thurs: 5am - 10pm
Fri: 5am - 9pm
Sat - Sun: 6am - 6pm



(781) 648-LIFE (5433)
www.arlingtonhealthandfitness.net

3 DAY GUEST PASS

Want to try out the gym? We've got you covered! Enjoy a free 3 day guest pass on us.

Weight training may be hazardous to one's health. Guest assumes all risks and injuries incurred or sustained on the premises of Arlington Health & Fitness. In addition, they agree not to sue or take legal action against officers, employees, or anyone associated with Arlington Health & Fitness for any end claims, damages, costs, or causes of action which guest has or may have in the future as a result of injuries or damages sustained while on Arlington Health & Fitness's premises including its parking lot. Guest further acknowledges, agrees, and understands that Arlington Health & Fitness shall not be responsible or liable for loss or damage to any property of guest including their automobile or its contents. It is also agreed that any damage to Arlington Health & Fitness' facility or property of any other guest or member is the sole responsibility of the offending guest or members.

NAME: _____
ADDRESS: _____
CITY/TOWN: _____
ZIPCODE: _____
EMAIL: _____
PHONE: _____
SIGNATURE: _____

START DATE: _____

DAY 1:

DAY 2:

DAY 3: