



Dana K. Hughes MPT, OCS, LMT
615 W Main Street Cut Bank, MT 59427
JOIN THE "STAY TUNED!" PROGRAM

At Sweetgrass Physical Therapy & Wellness LLC, continuing your exercise program after discharge from therapy services is easy! Join the Stay Tuned! program.

For \$30 per month, you will be able to come in and use our exercise equipment anytime during our operating hours 9-6 Monday through Thursday. Your therapist will teach you how to operate the machines and help you outline the program you will perform to maintain and improve your condition. Our staff will be available for questions and support throughout your program. This program is only offered to our patients and membership is on a limited basis to ensure the equipment is always available for therapy and Stay Tuned! customers.

When you sign up for the program within 30 days of your discharge from therapy, the initiation fee of \$35 is waived. If you sign up for the program after the 30 day period, the initiation fee covers a 30 minute session with a therapist to outline your fitness goals and to set you up on the exercise program.

There are several options for payment:

- Pay month to month: \$30 per month.
- Quarterly option: Pay \$85 in advance for 3 months at a time, a \$5 savings.
- Half Year option: Pay \$165 in advance for 6 months, a \$15 savings.
- Full Year option: 12 months for the price of 11, \$330!

With all program options, your membership can be suspended for up to 90 days in the event of illness or other hardship. Please notify our office if you need to suspend your membership.

If you allow your membership to lapse for more than 90 days, you will need to re-join the program for a fee of \$35 and will meet with the therapist before resuming your membership. This ensures you will resume your exercise program at the proper level after your hiatus from the program.

I agree to the above terms and conditions and agree to abide by the policies below. I understand the risks involved in fitness activities and state that my health warrants participation. I will notify Sweetgrass Physical Therapy & Wellness LLC of changes in my medical health that may affect my ability to participate in the Stay Tuned! program. I will operate the exercise equipment with care as shown by the staff and will seek the assistance of staff when needed.

Member Signature: _____ Date: _____

Member Name (print): _____

Membership Option: Monthly Quarterly Half Year Full Year

Sweetgrass Physical Therapy & Wellness LLC Witness: _____



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Stay Tuned! Policies

1. Hours: Members are welcome to utilize the facility anytime during normal operating hours Monday through Thursday from 9 AM to 6 PM. Hours of operation are subject to change based upon facility utilization patterns. We ask everyone to end their workout 15 minutes prior to closing time. Please exit the building no later than the posted closing time.
2. Holidays: The facility will be closed on the following Holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day. Sweetgrass Physical Therapy & Wellness reserves the right to close the facility for other holidays not listed above at the discretion of Management.
3. Sweetgrass Physical Therapy & Wellness LLC reserves the right to refuse service to anyone.
4. Check In/Check Out: Please check in at the front desk when you arrive and again before you leave.
5. Stay Tuned! members are asked to yield equipment to Physical Therapy patients when requested.
6. Cell Phones: Please limit your cell phone use to the lobby area.
7. Attire: All members are asked to wear appropriate workout attire for their particular activities.
8. Lost and Found: Sweetgrass Physical Therapy & Wellness LLC will not be responsible for articles lost, stolen or damaged in the facility or on facility grounds. You are advised to leave your valuables at home. Do not leave them unsecured within the facility. Sweetgrass Physical Therapy & Wellness LLC will make a good faith effort to return items lost and found to their rightful owner.
9. Tobacco Free Environment: Smoking or use of chewing tobacco is prohibited at Sweetgrass Physical Therapy & Wellness LLC.
10. Food & Drink: No food or drink is allowed past the front desk. Water in a non-breakable container is permitted. Exceptions may be made for special events.
11. Guests: For liability reasons, guests are not permitted to use the exercise equipment or to loiter in the exercise area. Guests are welcome to remain in the waiting area during a member's workout. Children under 12 must be accompanied by an adult at all times. Pets are not to be brought in the building with the exception of service animals. Please do not tie up your pet anywhere on the premises.
12. Maintenance Closures: Sweetgrass Physical Therapy & Wellness LLC reserves the right to periodically close all or part of the facility for necessary repairs and maintenance.
13. Photography: Use of any camera, video or still photography is specifically prohibited at all times without the consent of the management. The media is welcome to report all special events using photography or video and with the consent of the parties involved.
14. Solicitation/Distribution: Literature may not be distributed nor any solicitation made on the premises without express written consent of Sweetgrass Physical Therapy & Wellness LLC.

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15. Behavior: All members are expected to treat the equipment, facility, staff and other members with dignity and respect. Repeated inappropriate behavior, misuse of the equipment or failure to correct behaviors when requested by Sweetgrass Physical Therapy & Wellness LLC staff may result in termination of your membership.
16. Medical Freeze: A Medical Freeze is available for prolonged illness or injury. A letter from a health-care provider is required to verify the condition. There is a 90 day limit for any Medical Freeze with review by management at that time. A medical release is a written authorization from a health-care provider and is required to reactivate a Stay Tuned! Membership that has been placed on Medical Freeze. If a member experiences a medical emergency at Sweetgrass Physical Therapy & Wellness LLC, they are advised to consult with their health-care provider before returning to regular workouts.
17. Vacation or Hardship Freeze: Please notify management if you will need to freeze your membership due to hardship or vacation. There is a 90 day limit for vacation or hardship freezes. Re-instatement of a membership frozen for greater than a 90 day period will be subject to initiation fees.
18. Membership Fees:
 - a. Initiation Fee: \$35 (waived for Physical Therapy Patients who sign up for the program within 30 days of discharge from a Physical Therapy program). Initiation fee covers a 30 minute session with a therapist to orient you to the equipment, to outline your fitness goals and to set you up on the exercise program.
 - b. Stay Tuned! Membership fee is \$30 per month. Sweetgrass Physical Therapy & Wellness LLC reserves the right to adjust membership fees as needed with 30 days advanced notice to the members. Memberships will be effective from the date of sign up through the same day of the next month.
 - c. Discounts are offered for paying in advance as follows: 3 months for \$85, 6 months for \$165, 12 months for \$330.
19. Fee Refunds: Members forced to cancel their memberships due to medical reasons or other circumstances will be refunded any pre-paid membership dues. Please allow 21 days for processing.
20. Membership Termination: The membership of a member may be cancelled or suspended by management for any period of time in the event of violation of any rules and regulations of Sweetgrass Physical Therapy & Wellness LLC, or any conduct which, in the opinion of the management is detrimental to the welfare, good order and character of Sweetgrass Physical Therapy & Wellness LLC. Any member or guest of a member found maliciously or willingly destroying or abusing the facilities of Sweetgrass Physical Therapy & Wellness LLC or exhibiting any inappropriate behavior will be subject to immediate expulsion without refund of registration fees and the member shall be liable to Sweetgrass Physical Therapy & Wellness LLC for all damages resulting from such actions. Termination of a member by the management does not relieve the member of dues or other charges, previous to the date of termination.
21. The foregoing policies and procedures are not all inclusive. Other rules and regulations may be posted in and about the facilities and shall be binding on all patrons. Management reserves the right to change or amend these policies and procedures as deemed necessary for the safe and functional operation of the facility.
22. It is the sole responsibility of the member to remain current with all standards and procedures of Sweetgrass Physical Therapy & Wellness LLC.

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