

## Small Group Personal Training Sessions: Sign Up Instructions

**Required forms:** *all forms must be completed and sent to Suzy Dueck, Manager, CORE FITNESS prior to starting any exercise sessions.*

1. PAR-Q --- only if you have any 'yes' answers to the PAR-Q form, do you need to contact Suzy Dueck, (204)325-9084, to discuss if you need to have a PARmed-X form signed by your physician. Otherwise just send in the completed form.
2. Client Information for Group Personal Training
3. Payment for sessions will be required at least 3 days prior to first training session.

Once we receive the above forms, we will contact you as soon as space becomes available in any of the group sessions you indicated as preference on your Client Information Sheet. Remember this will be on a first-come, first-served basis.

**Location of training sessions:** CORE FITNESS and Bethel Heritage Park.

**Attire:** Shorts or exercise pants, t-shirt and running shoes, (Clean ones for indoors). Supportive exercise shoes are very important.

**Bring:** Water bottle, towel for showering.

**Eating/Drinking:** Plan meals and snacks around exercise sessions so you are not exercising on a totally empty stomach or not immediately after eating a meal. If attending sessions over the lunch hour, try and have a light snack mid-morning to provide some energy for the exercise session (and eat lunch after exercising). If attending late afternoon or early evening, you may want to have a light afternoon snack about an hour prior to attending your session. Hydrate before, during and after exercise with plenty of water!

**Please arrive on time, changed and ready to start exercising at your designated time!**

# **Small Group Training Program Waiver & Registration Form**

## **1. MEMBERSHIP DETAILS**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Class Type:

- Beginner Yoga
- Sunrise Yoga
- Last 10 Lbs Bootcamp AM/PM
- Pilates
- Other - \_\_\_\_\_

## **2. MEMBER DETAILS**

Sex: (Circle one) Male Female Date Of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Mailing Address: \_\_\_\_\_  
DD MM YYYY

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

By providing your email you consent to receive info. from CORE FITNESS via email, you may opt out anytime by following opt out instructions provided in said emails.

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone :(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## **3. MEMBERSHIP DECLARATION & PAYMENT DETAILS**

- Credit Card
- Debit
- Cash

Note: If payment is declined, there will be a \$20 fee applied to your account.

Please complete the card information below, which hereby authorizes CORE FITNESS to debit the following card for the above membership each month.

Name on Card: \_\_\_\_\_ Card Type: (Circle one) MC VISA AMEX

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_/\_\_\_\_

Customer Number (key tag): \_\_\_\_\_ Sales associate: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
DD MM YYYY

**Turn page over to sign the waiver form!**

## 4. MEMBERSHIP TERMS & CONDITIONS – WAIVER & RELEASE

**Membership Policies: (New policies and announcements will be clearly posted. Members are responsible to read/obey these rules)**

### **Acknowledgment of Risks, Injury & Obligations**

I acknowledge that the activity I am to undertake is a dangerous activity and that by participating in it I am exposed to certain risks. I acknowledge and understand that whilst participating in such activity:

- I may be injured, physically or mentally, or may die;
- My personal property may be lost or damaged;
- Other participating in such activity may cause me injury or may damage my property, I may cause injury to other persons or damage their property
- The conditions in which the activity is conducted may vary without warning
- I assume the risk of and responsibility for any injury, death or property damage resulting from my participation in the activity.

### **Release and Indemnity**

I participate in the activity at my sole risk and responsibility. I release, indemnify and hold harmless CORE FITNESS, its servants and agents, from and against all and any actions or claims which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property whether by negligence, breach of contract or in any way whatsoever.

### **Administration**

- CORE FITNESS Staff reserves the right to rescind the rights of members not complying with the terms
  - Member may be required to show their membership/ID card at any time in the gym.
  - All members must sign in upon entering the gym.
  - Suitable clothing must be worn in the gym at all times. This includes a shirt and indoor footwear that cover the toes. **No Jeans! All members must remove outdoor footwear.**
  - Negative attitudes, disruptive conduct, foul language and any other offensive behaviour will not be tolerated.
  - Smoking and chewing tobacco is prohibited in the gym.
  - All membership dues are to be paid in advance.
  - One Membership key tag per member. DO NOT give, lend or rent this card to anyone. Memberships are not transferable.
  - Memberships are not refundable or transferable. Special circumstances may be considered and CORE FITNESS reserves the right to withhold a certain percent of the membership fee under such circumstances
- 24/7 Key tag holders are responsible for maintaining the following policies:**
- Do not permit non-members or anyone without keypad access to enter the gym, Shared gym access with a non-member will result in forfeiture of membership effective immediately.
  - Do not answer the door or the phone, Leave the lights when you leave (after 11pm turn off the lights)
  - **Wipe up and put away all equipment when finished**, All equipment and accessories are to remain in the gym at all times
  - All members must have completed a basic orientation program with a certified instructor prior to receiving a 24/7 Access Card
  - **Anyone under the age of 16 must be accompanied by an adult at all times within the gym.**

**CORE FITNESS disclaimer:** The purchaser of services and/or products provided by CORE FITNESS assumes all risks, known and unknown, inherent to exercise and workout programs, physical changes and/or injuries which may result from the use of such products and/or services. The undersigned Purchaser consents that participation is voluntary. Purchaser and purchaser's heirs agree to hold CORE FITNESS and staff free from any and all liability resulting by reason of any injury, damage or loss to Purchaser or Purchaser's property, from the services and/or products offered. As with any exercise program, purchaser with a personal or family history of health problems should consult with a physician before starting a new exercise or diet program. Purchaser has not misrepresented themselves or withheld information which pertains to their health, physical capacity or intentions. The undersigned Purchaser is fully aware of all rules in this document. **24/7 access Purchaser is also aware of the consequences and membership privileges if Purchaser does not comply with these policy rules.**

**WE RESERVE THE RIGHT TO REVOKE ANYONE'S MEMBERSHIP FOR USING OUR FACILITY FOR BUSINESS, (PERSONAL TRAINING), WITHOUT PRIOR CONSENT/ARRANGEMENTS WITH MANAGEMENT.**

\_\_\_\_\_  
Signature of Member

\_\_\_\_\_  
Date of Signature/Contract Start

\_\_\_\_\_  
Signature of Witness (or Staff in lieu of unavailable witness)

\_\_\_\_\_  
Date of Signature

**This document and signatures have no expiry date and apply to the member for the entire duration of their membership. Failure to comply with the policies and standards of the gym may permit the management to revoke the membership agreement/privileges without notice or restitution to the member.**