



North Leeds Fitness Pre- Exercise Health Screening & Disclaimer

We will do our best to advise you however, participation in our classes is your own choice and risk.

Name (PRINT) _____

Date of Birth: _____

If you wish to receive our email updates/newsletters and text updates about class changes such as cancellations, please sign-up via our website www.northleedsfitness.co.uk, alternatively, enter your details here and we can do that for you. (LEAVE BLANK IF YOU DO NOT WANT TEXT/EMAIL UPDATES)

E-Mail: _____

Mobile/Contact: _____

PLEASE PRINT DETAILS SO WE CAN READ THEM!

Add me on Facebook: Y/N

Do you suffer from any of the following?

Angina	Yes / No	Asthma	Yes / No
Back Problems	Yes / No	Chest Pains	Yes / No
Diabetes	Yes / No	Dizzy Spells or Fainting	Yes / No
Epilepsy	Yes / No	High Blood Pressure	Yes / No
Joint Problems	Yes / No	Are you pregnant?	Yes / No

Have you recently had an operation or illness? Yes / No

Have you been pregnant within the last 6 months? Yes / No

Are you taking any medication of which the instructor should be aware of? Yes / No

Has your Doctor ever said that you have a heart condition? Yes / No

Is there any other reason why you should not participate in physical activity? Yes/ No

Do you have any injuries or problems that might restrict your participation in an exercise programme? Yes / No

If you have answered yes to any of the above, please give details:

Emergency Contact: _____ Mobile/Phone _____

What is your main reason(s) for taking up an exercise programme? _____

How did you hear about the classes? _____

Disclaimer, Terms and Conditions

1. The Instructors accept no responsibility for any loss, damage or injury to any participants / non participants, or to the personal property of any participant / non participant (or to any person accompanying whether by invitation or otherwise) who enters upon the instructor's premises for whatever purpose and whether such loss, damage or injury is caused directly or indirectly by the Instructors.
2. Every participant in a daily class by their signature hereto warrants that to the best of their knowledge and belief they are suffering from no physical disability or illness whether or not such disability or illness is or may be affected by exercise of whatever degree, and further warrants to advise the Instructors if, after becoming a member they such suffer from such disability or illness and every applicant by their signature agrees to indemnify the Instructors class in respect of any disability or illness whether suffered in the class or otherwise.
3. By participating in a North Leeds Fitness class, every participant agrees to abide by our rules and regulations and understands the management reserves the right to refuse entry should these be contravened.
4. Rates for North Leeds Fitness services are subject to change.
5. Appropriate clothing is required at all times during sessions.
6. Every participant must provide their own mat for Pilates & Yoga, Weights for Toning and Powerhoops for Powerhoop Fitness classes or pay a rental fee of £1 per class.
7. North Leeds Fitness respects your privacy. All personal details are treated as confidential and we will not share or redistribute your information with any third party.
8. Class passes cannot be shared, they must be used within their expiry periods and lost cards cannot be redeemed.

Signature:.....Date:.....