

# Registration Form

## KETTLEBELL CONDITIONING



updated: 09/30/19

Kettlebell Conditioning is a low-impact program suitable for all ages and abilities. In this 6-week series, you'll learn and master six kettlebell moves and progressions from our StrongFirst® Certified Kettlebell Instructors. You'll gain strength and improve your cardio conditioning, without hitting the treadmill or elliptical.

**\$120 for Members / \$180 for Non-Members per 6-week session**

### Session(s) Attending

*Example: July 16-August 24, 2019*

### Date/Time Options (Check one)

Wednesday & Friday / 10:00-10:45 a.m. with Melissa Prieskorn

### PERSONAL INFORMATION

NAME / D.O.B

EMAIL

If you're not a current Performance Health & Fitness member, please fill out the details below.

ADDRESS

CITY/STATE/ZIP

PHONE

EMERGENCY CONTACT / PHONE

### How did you hear about us? (Check all that apply)

Website

Facebook

Twitter

Instagram

Email

Coach Referral

Member Referral

Referral Name (if applicable): \_\_\_\_\_

### Release of Promotional Consideration

In additional consideration of being permitted by Performance Health & Fitness to participate in its training programs and to use its facilities, I hereby permit Performance Health & Fitness to use my name, image and likeness for promotional purposes limited to its training programs and facilities. Performance Health & Fitness' promotional mediums include, but are not limited to print, radio, video, television, website, and social media.

INITIAL:

# Registration Form

## KETTLEBELL CONDITIONING



### Medical Waiver and Release of Liability

I, \_\_\_\_\_, acknowledge that I, individually, have voluntarily applied to participate in the Performance Health & Fitness Kettlebell Conditioning program. I acknowledge the risks and the potential risks of athletic training. However, I feel that the possible benefits to me are greater than the risk assumed.

I am aware that although Performance Health & Fitness, its subsidiaries, and parent companies, its officers, directors, owners and/or employees make reasonable efforts to make each participants training a safe and productive experience, that there are inherent risks which occur as a result of such physical activity.

I acknowledge that a participant, when training, through no fault of his own, his/her trainer(s) or the facility may become injured for a variety reasons that are unavoidable.

I represent that I am in good health and suffer from no physical impairment, which would limit my use of Performance Health & Fitness' facilities or instruction. I further represent that I carry full and complete medical insurance coverage.

I acknowledge that Performance Health & Fitness has not and will not render any medical services including medical diagnosis of my physical condition.

**YES NO** *If yes, please explain any limitations on your activities.*

Has a doctor ever said the participant has heart trouble or a heart condition?

Has a doctor ever said the participant's blood pressure was too high?

Does the participant suffer from any problems of the neck, back or knees, i.e. chronic pain, injury or numbness?

Is the participant currently taking any medications? (If yes, please specify.)

Has the participant had previous surgeries or injuries? (If yes, please specify.)

**If you answered NO to all questions above**, you have provided to Performance Health & Fitness a general indication that you may participate in physical and aerobic fitness activities and/or fitness evaluation testing. The fact that you answered NO to the above questions, is no guarantee that you will have a normal response to exercise or that a fitness regimen will not cause you medical problems.

**If you answered YES to any of the questions above**, Performance Health & Fitness may request written permission from the participant's physician before participating in physical and aerobic fitness activities.

In consideration of being permitted by Performance Health & Fitness to participate in its training program and to use its facilities, I hereby, intending to be legally bound for myself, my heirs and assigns, executors or administrators and/or guardian of my son/my daughter/my ward specifically agree that Performance Health & Fitness, its officers, employees and agents shall not be liable for any claim, demand, cause of action of any kind whatsoever for, or on account of death, personal injury, property damage or loss of any kind resulting from or related to my use of the facilities or participation in any athletic training, exercise or activity within or outside the club premises, and I agree to hold Performance Health & Fitness harmless from same.

I acknowledge that I have read this release and waiver and fully understood its contents. I have been fully and completely advised of the potential dangers incidental to engaging in the activity and instruction of athlete training and I am fully aware of the legal consequences of signing this release. I voluntarily agree to the terms and conditions stated above.

GUARDIAN SIGNATURE (if under 18):

PARTICIPANT SIGNATURE:

DATE:

DATE: