

Fitness Boot Camp

Registration / Waiver form

Date ____ / ____ / ____
First Name _____ Middle _____ Last Name _____
Street Address _____
City _____ State _____ Zip Code _____
Date of Birth ____ / ____ / ____ Phone(____) ____ - ____ E-mail _____

Liability Waiver please read and sign below

Exerciser hereby stipulates that he/she is physically sound and that he/she has approval to proceed with a routine of exercise. Exerciser recognizes that the program involves strenuous physical activity including, but not limited to, strength training, running, agility drills, jumping, intense cardiovascular activities, flexibility training, and boxing. Exerciser affirms that they are in good physical condition and do not suffer from any known disability or condition which would prevent or limit their participation in this exercise program. Exerciser also acknowledges that their registration and subsequent participation in Krissy Moore's fitness and sports conditioning boot camp program is completely voluntary.

LIMITATIONS OF EXERCISE, IF ANY: It is further expressly agreed that all strength training, cardiovascular exercise, or any other exercise shall be undertaken by me at my sole risk and that Krissy Moore shall not be liable to me for claims, demands, injuries, damages, actions or causes of action, whatsoever, to my person or property arising out of or connected with the use by me of the services provided and of the premises where the same is located. I do hereby expressly forever release and discharge Krissy Moore from all such claims, demands, injuries, damages, actions or causes of action, from all acts of active or passive negligence on the part of Krissy Moore. I further expressly agree that I will not use equipment improperly. If I have any questions whatsoever, concerning exercise and use of equipment, I agree that I will request instruction from Krissy Moore.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Signed: _____

Printed Name: _____

Date ____ / ____ / ____

