

Belmont Fitness, LLC Class Registration and Release of Liability

Classes begin Tuesday January 5th – Classes held weekly on Tuesdays. To register please stop by the Belmont Park & Rec Center located at 37 E Woodrow Ave, Belmont or bring completed registration form to the first class of your desired session.

Cost of each session - \$20 Please make checks payable to Jamie Jones

Session 1: Jan 5th, 12th, 19th & 26th (No Kids or Kinder Yoga for Session 1)

Session 2: Feb 2nd, 9th, 16th & 23rd

Session 3: March 2nd, 9th, 16th & 23rd

Session 4: March 30th, April 13th, 20th & 27th

Q1 2010 Session: 1 2 3 4 (circle which session you are registering for)

Class: Kinder Yoga Kid’s Yoga Zumba (circle which class you are registering for)

Participant Name: _____

Parent or Guardian Name (if applicable): _____

Participant Age: _____

Phone Number: _____

E-mail: _____

Belmont Fitness Training Waiver:

BELMONT FITNESS INFORMED CONSENT FOR EXERCISE PARTICIPATION

I desire to engage voluntarily in an exercise program with Belmont Fitness to improve my physical fitness. I may voluntarily engage in exercise assessments to evaluate my physical fitness.

I understand there is a risk of abnormal cardio respiratory response during and following exercise. I understand that I am responsible for monitoring my own condition throughout exercise, and agree to stop exercise and inform an instructor should any unusual symptoms occur. I understand that I can discontinue my exercise program or fitness assessment at any time.

Medical clearance is recommended before beginning any exercise program. If medical clearance is specifically requested prior to beginning and exercise program or fitness assessment, I will consult my physician and obtain said clearance prior to beginning my exercise program.

I have read this form and understand the nature of the exercise program. My questions have been answered to my satisfaction. I agree to assume the risk of such exercise and fitness assessment, and agree to hold harmless Belmont Fitness, LLC.

Please sign below, agreeing to release any liability to Belmont Fitness LLC and instructor, Jamie Jones.

Signature of participant or signature of parent or guardian of participant below the age of 18:
