

## Participation Waiver

During your exercise program, every effort will be made to assure your safety. However, as with any exercise program, there are risks, including increased heart stress and the chance of musculoskeletal injuries. In volunteering for this program, you assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program. If you do have any medical issues that may be of concern, you further agree that a physician has cleared you to participate in a training and nutrition program.

A physician's examination is recommended for (1) all participants with any exercise restrictions; and (2) all women >50 years old. Coaching participants in either or both of these categories who do NOT have prior physician examination MUST acknowledge they have been informed of its importance. By signing below, you accept full responsibility for your own health and wellbeing and you acknowledge an understanding that the leaders of this program assume no responsibility.

## Membership Policies

- I will not use foul or offensive language of any kind.
- I will not ridicule or mock any other participant. Aim to be Fit Women's Boot Camps are a safe environment for every woman to push herself physically and mentally and I will make it a point to foster this environment. If I create an environment that is hurtful or unsafe for others, I will be asked to leave the camp without a refund.
- I will listen to the coach's instruction without side talk or interruptions. However, please feel free to push and encourage each other during all other times.
- **\*IMPORTANT\*** I fully understand that it is entirely up to me, and me alone, to do what has to be done to get results.

*Therefore, I understand that:*

*Exercise AND Nutrition will directly affect any goals to be achieved from the Boot Camp (both good and bad). I FULLY understand that I should not expect noticeable results if I am less than 90% compliant to BOTH my exercise program **AND** my nutrition program.*

- I agree to come to every workout in a timely manner. I will not be allowed to participate if I arrive more than 10 minutes after the official start of that workout. *I will notify the instructor in advance in the event of an absence.*
- **\*IMPORTANT\*** I understand that there are no refunds for absences. **No exceptions!** I am committed to consistently attending the scheduled Boot Camps, so this is not a concern for me.
- **\*IMPORTANT\*** I understand that billing will automatically occur on the *1st of each month* using the payment information provided. I also understand that if I wish to discontinue my Aim to be Fit Boot Camp membership, I must provide e-mail notification 10 days in advance or be charged for the following month.
- I will have a positive attitude, have fun and not use the word "can't." Instead I will do my best at all activities. I will allow the instructor to push me and make me stronger.
- I will share my success with my instructor in the form of any or all of the following: written testimonial, video testimonial, before/after pictures, any other means of demonstrating the value of the camps.

## Video Release/Waiver

I am aware that Aim to be Fit Women's Boot Camps may record workouts/boot camps for later use on television segments, websites, promotional materials, or in any other way they see fit.

By signing this document I hereby authorize Aim to be Fit Women's Boot Camps to use my name and likeness, voice, verbal statements, video taped pictures for any of the aforementioned purposes.