

Group Fitness

Name: _____ Date of birth: _____

Phone number: _____ Mobile: _____

Home address: _____

Email address: _____

Occupation: _____

Emergency Contact Name: _____ Ph number: _____

Do you have any children? Yes / no If so, how many? _____ and what is the age of the youngest? _____

Blood Pressure (if known): _____ Resting Heart Rate (number of heart beats in 1 minute): _____

Do you smoke? Yes / No

Do you currently exercise? Yes / No

If so, what do you do & how often? _____

If no, did you previously exercise? Yes /No

If you previously exercised, how long ago was that & what kind of exercise did you do? _____

How would you describe your current fitness level? (circle one) Beginner / intermediate / advanced / athlete

Do you have any health/fitness goals? _____

Do you have any injuries or conditions that could affect exercise or be exacerbated by exercise? Please describe what happened, when it happened & how it affects you & your exercise now. _____

I _____ certify that the above information is all true & correct & that I have read & agree to the Terms & Conditions of Group Sessions. I understand that answering these questions correctly & agreeing to the terms & conditions is for my own health, safety & benefit.

Signature _____

Date _____

*Please read & retain Terms & Conditions, for important information for Group Fitness Sessions.

Terms & Conditions

- As with all exercise programs, it is the responsibility of the participant to obtain medical clearance to exercise by a GP.
- The Group sessions are not designed for pregnant or post natal women, however those wishing to join the class can do so if they provide the Instructor with a medical certificate from their doctor/Obstetrician & are willing to do appropriately modified exercises.
- It is the responsibility of the participant to notify the Instructor of any & all injuries or conditions that could be affected by exercise. The Instructor takes no responsibility for exacerbated injuries that have not been identified & clearly explained by the participant.
- The Instructor will not be held responsible for minor injuries, serious injuries or fatality due to a pre-existing condition.
- Participants who have identified themselves as having an injury or condition, must provide the instructor with a medical clearance to exercise certificate.
- It is the responsibility of the participant to exclude themselves from exercise if they are sick or injured or have a condition that is contraindicated to exercise.
- It is the responsibility of the participant to carefully follow the instructions of the Instructor at all times. While all due care & professional consideration is taken by the Instructor at all times, the Instructor cannot be held responsible for participants who choose not to follow instructions.
- Participants who identify themselves as a "Beginner", must exercise using bodyweight or very light weights only & choose the "regression" exercises, until a higher level of fitness is achieved through regular attendance.
- It is the responsibility of the participant to attend the class well hydrated & bring a water bottle with them, to stay hydrated throughout the session. At least 500mls of water prior to the session, at least 500mls during the session & at least 500mls of water after the session is recommended.
- It is the responsibility of the participant to provide themselves with appropriate sun protection such as hat & sunscreen.
- Whilst children are welcome at all sessions, they remain the responsibility of their parent/carer at all times.
- Participants of Group Sessions must partake in an Introductory Class prior to attending a Group Session & will be denied entry to a Group Session if they have not first completed an Introductory Class.
- It is the responsibility of the participant to ensure they have the energy levels required to complete the class, through having enough sleep the night before & eating a small meal/snack at least 1 hour prior to the class. Eg fruit.