



HammerFit Athletic Club and MotionStudio Contract and Waiver

Name: _____ Birth Date: _____

Address: _____ City: _____ Zip code: _____

Primary Phone: _____ Email: _____

Emergency Contact Name: _____ Phone: _____

How did you hear about HammerFit?: _____

If applicable, PRIME network ID#: _____

Physical Activity Readiness Questionnaire (PAR-Q): If your answer to any of the following questions is yes, please consult with your doctor before participating in any of our programs:

1. Has your doctor ever said you have heart trouble, a bone or joint problem such as arthritis that has been or could be aggravated by exercise or that your blood pressure was too high? _____
2. Do you frequently have pains in your heart or chest or feel faint/dizzy? _____
3. Is there any physical reason not mentioned that would cause you harm or injury while exercising? _____
4. Are you over the age of 65 and not accustomed to vigorous exercise? _____

Contract Terms: I understand that all payments are non-refundable and that months of membership are non-transferrable. Memberships cannot be frozen except for serious medical reasons documented in a doctor's note. I agree to reimburse HammerFit for charges not honored plus bank and penalty charges. I understand that violation of club policies may result in membership cancellation.

Release of Liability: In consideration of being allowed to participate in fitness classes or activities at HammerFit and/or the MotionStudio; the undersigned acknowledges, and agrees that:

The risk of injury from activities involved at HammerFit/MotionStudio is significant; including the potential for permanent paralysis and death. While particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury does exist. The Undersigned knowingly and freely assumes all such risk, known and unknown, even if arising from the negligence of others and assumes full responsibility for his/her participation. The undersigned willingly agrees to comply with the stated terms and conditions for participation. The undersigned, for him/herself and on behalf of heirs, assigns, personal representatives and next of kin, hereby releases and holds harmless HammerFit LLC, their officers, owners and employees, instructors, and if applicable owners and leasers of premises used to conduct the event; with respect to all and any injury, disability, death or loss or damage to person or property whether arising from negligence of the releases or otherwise, to the fullest extent permitted by law.

Photo Release: HammerFit employees may take pictures or video of activities taking place on the premises. These publications may be used in media and marketing material including, but not limited to the HammerFit website, facebook, brochures, etc..

I have read this release of liability and assumption of risk agreement, fully understand the terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Signature: _____ Date: _____

Signature of Parent or Guardian if under 18: _____