



# LBs. Circuit Training Registration & Release Waiver

Indoor/Outdoor LBs. Circuit Training & Personal Training

Date \_\_\_\_\_ Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

How Did You Hear About LBs. Circuit Training \_\_\_\_\_

Child's Name \_\_\_\_\_ Child's Date of Birth \_\_\_\_\_

**RELEASE OF LIABILITY, 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, **because it's about to get real!**

**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 Lindsay Bowman and her AWESOME and MOTIVATING trainers or employees shall not be liable to me/heirs/next of kin for claims, demands, injuries, damages, actions or causes of actions, 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 Lindsay Bowman and her trainers or employees from all such claims, demands, injuries, damages, actions or causes of action, from all acts of active or passive negligence on the part of Lindsay Bowman and agents or employees. Lindsay Bowman and her trainers are not responsible of damage to cars in parking lot or any loss or theft of personal articles and/or lost belongings or monies anywhere on the premises.

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 Lindsay Bowman and/or trainers or employees.

LBs. Circuit Training sales can be EXCHANGED/REFUNDED in an LBs Circuit Training gift certificate or PAY IT FORWARD to ANOTHER PERSON.



- NOT ALL SONGS WILL BE EDITED. We will be Respectful of Children, but the Music WILL be Loud.
- Children may remain in the UNSUPERVISED waiting area during classes.
- Please keep the waiting area TIDY for ALL LBs. Circuit Training clients.
- PLEASE DO NOT MAKE THE BAGS SWING. You Break it, You Buy it. You MUST Control your Bag, Thank You!
- We Reserve the Right to Refuse Service to Anyone for Any Reason.

**DO NOT SIGN THIS AGREEMENT UNLESS YOU UNDERSTAND THE TERMS COMPLETELY, IF YOU ARE UNCLEAR YOU SHOULD SEEK LEGAL COUNSEL PLEASE & THANK YOU. BUT if you are ready to SWEAT, BE HAPPY & HAVE A GREAT TIME, sign below.**

*Two Words: Endless Gratitude!*

X \_\_\_\_\_  
Printed Name

X \_\_\_\_\_  
Signature

X \_\_\_\_\_  
Parent/Guardian Signature if under 18 years of Age

X \_\_\_\_\_  
Parent/Guardian Phone Number