



Jen Webster, NASM- CPT, CES, CNC, WLS, CPPC

beachmamasbootcamp@gmail.com

www.beachmamasbootcamp.com

919-247-2796

Liability Waiver

First Name _____ Middle _____ Last Name _____

Street Address _____ City _____ State _____ Zip Code _____

Date of Birth ____ / ____ / ____ Phone (____) _____ - _____ E-mail _____

Instagram: @ _____ Facebook: _____

NOTICE: It is highly recommended that you seek your physician's advice before beginning any new health/fitness/nutrition program.

RELEASE: This release is entered into between the undersigned and Jennifer Webster, owner Beach Mamas Bootcamp, LLC. The purpose of Beach Mamas Bootcamp, LLC is to provide general fitness instruction and coaching both in person and through zoom online for various levels of individuals.

The undersigned hereby acknowledge that the following was explained to me and/or agree to the following:

1. Acknowledges that Jennifer Webster is not a physician and is not trained in any way to provide medical diagnosis, medical treatment, or any other type of medical advice.
2. Acknowledges that the undersigned has been told if they feel tired, feel pain, feel dizzy, or feel out of the ordinary in any way either related to exercise, or otherwise, that the undersigned should stop the activity and contact a physician at once.
3. Acknowledges that outdoor and online zoom fitness bootcamps, strength training, cardiovascular activities and other related fitness activities can be a test of one's mental and physical limits and carry with it potential for damage or loss of property, serious injury and death. That the undersigned assumes the risks of participating in these types of events/activities including the elements of a natural environment. The undersigned agrees they have a regular medical physician they can contact regarding any medical problems that may develop and their physician has not notified them that they cannot engage in fitness related activities.

The undersigned expressly waive, release, discharge and agree not to sue from any liability in respect to themselves, children or guests of death, disability, personal injury, or action of any kind Jennifer Webster, Beach Mamas Bootcamp, LLC or the community Parks (Hampstead Kiwanis/designated meeting place) for the undersigned participating in said fitness activities. The undersigned agrees that they are fully responsible for their children and guests during bootcamp.

I authorize Beach Mamas Bootcamp to charge my credit card \$62.40 (\$60 + 2.40 surcharge) on the 1st of every month. I acknowledge that I must give a 30-day notice or pay a \$25 cancellation fee.

AGREES: The Undersigned agrees that this is the full agreement between the parties, that Jennifer Webster, owner Beach Mamas Bootcamp, LLC has not verbally contradicted any of the terms of this release and that the undersigned has entered into this agreement free and voluntarily without force or coercion. I understand this is a legal document, and I hereby affirm that I have read, fully understand, and agree to all Terms and Conditions.

X _____

Your signature (Parent or Guardian Printed Name & Signature if under the age of 18)

Today's Date: _____