

Classes with Liam Broderick, Exercise to Music

Instructor - Newquay Tretherras Senior Hall



ZUMBA *the world famous latin fitness dance party!* **Mon/Fri 6.20pm** (55mins-1hour)

ZUMBA STEP *Zumba with a max leg and core workout!* **Tues 6.20pm** (55 mins-1 hour) *PRE-BOOK!*

STRONG by Zumba *high intensity interval training – no dancing!* **Tues 7.30pm** (55 mins-1 hour)

ZUMBA GOLD *a lower intensity latin dance fitness workout for everyone!* **Fri 5.30pm** (45 mins)

CLUBBERCISE *workout to Club tunes with disco lights and glowsticks!* **Mon/Fri 7.30pm** (55 mins-1 hour)

 Detach on the dotted line to retain Liam's contact and class details!

Name:			
Address:			
Tel Nos:			
Email:			
Emergency Name/No:		Date of Birth	

Physical Activity Questionnaire – please circle **Yes** or **No** to the following:

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? <i>(a GP letter is required)</i>	YES	NO
Do you feel pain in your chest when you do physical activity? And/or when resting?	YES	NO
Do you suffer from epilepsy? <i>Flashing lights are used in most classes</i>	YES	NO
Are you pregnant? If YES how many months?... <i>(a GP/widwife letter is required)</i>	YES	NO
Do you lose your balance because of dizziness or do you ever lose consciousness?	YES	NO
Do you have a bone or joint problem (for example back, knee, hip) that could be made worse by a change in your physical activity?	YES	NO
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?	YES	NO
Are you taking any medication that may affect your performance in a fitness class?	YES	NO
Do you know of any other reason why you should not do physical activity?	YES	NO

If any answer above is Yes it is advised to seek medical advice before continuing

You will receive **emails** about Get Fit Newquay and the classes and events. To opt **out** write 'no emails'

By signing this form I agree that I have answered truthfully to the above Physical Activity Questionnaire and that I completely agree to and abide by the written statements overleaf.

Signed:		Date:	_ _ / _ _ / _ _
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PRICE STRUCTURE:

Your 1st class with us is FREE*!

Your 1st class in the week: **£5**

Any further classes in the same week: **£3**

Your 4th class in the week is **FREE!**

(note the week runs Monday to Friday)

*Clubbercise is FREE with purchase of glowsticks at £5

Contact Details: Liam Broderick

Call/Text 07855 734984

Email getfitnewquay@gmail.com

Pre-book Step at getfitnewquay.co.uk

Facebook/Twitter [@getfitnewquay](https://www.facebook.com/getfitnewquay)

Further info: zumba.com /
strongbyzumba.com / clubbercise.com

Detach on the dotted line to retain Liam's contact and class details!

By signing overleaf you have agreed to the following: (note GETFITNEWQUAY® refers to all classes taught by Liam Broderick and includes Zumba, Zumba Step, Zumba Gold, STRONG BY Zumba and Clubbercise)

1. I am participating in GETFITNEWQUAY® Fitness classes offered by a qualified instructor. I recognize that all GETFITNEWQUAY® Fitness classes require physical exertion that may be strenuous and may cause physical injury, including death, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in GETFITNEWQUAY® Fitness classes. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in GETFITNEWQUAY® Fitness classes.
3. In consideration of being permitted to participate in GETFITNEWQUAY® Fitness classes, I agree to assume full responsibility for any risks, injuries or damages (known or unknown), property damage or loss of any kind in which I may incur as a result of participating in GETFITNEWQUAY® Fitness classes.
4. In further consideration of being permitted to participate in GETFITNEWQUAY® Fitness classes, I knowingly, voluntarily and expressly waive any claim I may have against the authorized Instructor(s) for any injuries or damages (known or unknown), property damage or loss of any kind, including death that I may sustain as a result of participating in any GETFITNEWQUAY® Fitness class.
5. This is a legally binding Release, Waiver, Discharge and Covenant Not to Sue (collectively "Release") the authorized Instructor(s) for any injury, death, property damage or loss of any kind caused by my voluntary participation in any GETFITNEWQUAY® Fitness class. This Release, Waiver, Discharge and Covenant Not to Sue is made voluntarily by me, the undersigned Releaser, on my own behalf, and on behalf of my heirs, executors, administrators, and legal representatives.
6. I hereby grant Liam Broderick, permission to use my likeness in a photograph or video in any and all of its publications, including website entries, without payment or any other consideration. I understand and agree that these materials will become the property of Liam Broderick and will not be returned. I hereby irrevocably authorize Liam Broderick to edit, alter, copy, exhibit, publish or distribute this photo or video for purposes of publicizing GETFITNEWQUAY® fitness programs or for any other lawful purpose. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph or video. I also permit contact by email with regard to classes and events.
7. I hereby hold harmless and release and forever discharge Liam Broderick from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.
8. I have read the above release, waiver of liability and assumption of risk, fully understand its contents and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily and intend by my signature to be the complete and unconditional release of all liability. I voluntarily agree to the terms and conditions stated above for as long as I participate in any GETFITNEWQUAY® Fitness class under the instruction of Liam Broderick.