

ATTITUDE MEDICAL RELEASE and QUESTIONNAIRE

By signing this agreement you, the participant acknowledges complete understanding of the various risks involved in strenuous physical activity and assume any and all responsibility for injuries/illnesses incurred on the property of or in the studio of ATTITUDE DANCE & FITNESS, LLC. And Shining Starz Academy. You are in full disclosure of any pre-existing conditions and physical and/or medical limitations you or your child may have before entering this program and you have obtained clearance from your doctor. In addition, you agree to **release** ATTITUDE DANCE & FITNESS and all instructors and associates associated with Attitude Dance & Fitness and Shining Starz Academy from any and **all liability** in conjunction with exercise and or dance program/prescription in regard to injury, illness and expectations of success. You agree to perform all **modifications** given by instructor at instructor's professional discretion and if you choose not to, will not hold instructor liable for illness or injury incurred as a result of failure to comply. Attitude Dance & Fitness and Shining Starz is not responsible for lost or stolen items. Please use discretion with personal belongings. **COVID precautions: Hands must be sanitized upon entrance to studio. Stay on marked spaces for distance during workouts. All equipment must be sanitized after use. Please stay home if you are feeling the slightest bit under the weather. If you choose to wear a mask during your workout, you agree to assume all responsibility for any ill effects that could potentially occur by doing so. Please note you have the option to wear a mask but instructors will not be wearing them. We feel our safety and cleaning protocols are sufficient. Covering your mouth and nose can interfere with your ability to transport oxygen to your muscles which is needed for optimum performance. Again, it is entirely your choice.**

Please note that walk-in class payments are expected BEFORE class begins. All other payments are due on or before the 1st of every month. **Cost saving packages** are available for unlimited fitness classes. Our already reasonably priced packages have Holidays, schedule changes and vacations built in. Attitude Dance & Fitness will make every effort to make up for classes canceled on our part but are not required to do so. There are no cash refunds or prorating available.

Please print clearly!

NAME: _____ ADDRESS _____

_____ ZIP CODE _____

PHONE _____ CELL _____

_____ EMAIL _____

EMERGENCY CONTACT NAME AND
PHONE _____

*SPECIAL REQUIREMENTS OR ANYTHING INSTRUCTOR SHOULD BE MADE
AWARE OF, i.e. past injuries, surgeries?

Do you
smoke? _____

_____ List of
medications _____
