

WomanSense Health and Wellness

“Kickin it with Robin” Cardio Kickboxing Classes

Name _____ Cell _____
Address _____ Home _____
City, State, Zip _____ E-mail _____

Exercise Participation Waiver/Informed Consent

I, _____, voluntarily engage in “Kickin it with Robin” group fitness classes to improve my physical fitness level. I understand that the activities are designed to gradually increase the workload on the cardiovascular system to attempt to improve its function. I understand the reaction of the cardiovascular system cannot be predicted and that there is a risk of certain changes that might occur during and following aerobic classes such as abnormalities in blood pressure and heart rate. I understand the purpose of the aerobic class is to develop and maintain cardiorespiratory fitness, increase flexibility, muscular strength, and endurance. All classes include a warm-up, aerobic workout, cool down and stretching.

I understand that I am responsible for monitoring my own physical condition before, during, and after participation of group fitness classes, should anything unusual occur, I would stop my participation immediately and inform the instructor of any symptoms I may be experiencing.

In the event that medical clearance must be obtained prior to participation in class, I agree to consult my physician and will obtain written permission prior to participation in any group fitness classes held by Robin Lewis or her fitness staff.

I agree to assume all responsibility and further agree to hold harmless Robin Lewis or her fitness staff conducting group fitness classes from any and all claims, suits, losses or related causes of action for damages including but not limited to, such claims that may result from injury or death accidental or otherwise, during or arising in any way from group fitness classes.

Notice of Understanding

All-prepaid classes must be used within the eight week-session. If participants cannot attend all classes normally scheduled within the eight-week period, participants must request an extension. Contact Robin Lewis at rlewis25@yahoo.com as soon as possible. At this time, an extension may be granted based on the situation and remaining classes for that session.

No refunds or credit will be given for any reason at any time.

Signature of participant

Date