

## ESHE BODY CENTER

First Name

Last Name

Email Address

Phone Number

Mailing Address

Zip code

How many days a week do you exercise?

Have you ever worked with a personal trainer? When?

Fitness Level (Beg, Intermediate, Adv).

Fitness Goals (weight loss, strength, improve endurance, sport specific, other).

List past and present injuries.

Any physical limitations?

### READ AND SIGN

This waiver and release is entered into between the undersigned, Eshe Body Center, LLC and its instructors, officers, affiliates, and executors. The undersigned hereby acknowledges the following: 1) The instructor is not a physician and is not trained to provide medical diagnosis or any other type of medical advice. 2) If the undersigned feels pain or out of the ordinary in any way either related to training, or otherwise, the undersigned should contact a physician at once. 3) Boot camps, aerobics, jumping, running, weight training, obstacle courses, and any other related sports are a test of one's mental and physical limits and carry with it potential for damage or loss of property, serious injury and death. The undersigned assumes the risks of participating in these types of events and activities, and acknowledges that they are fit, and they have a regular medical physician they can contact regarding any medical problems that they might develop. The undersigned expressly waive, release, discharge and agree not to sue from any liability of death, disability, personal injury, or action of any kind EBC, its instructors, officers, affiliates, and executors for the undersigned participating in said sporting events and/or training for said sporting events. The Undersigned agrees that this is the full agreement between the parties, that no representatives of EBC, nor anyone else has 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. The Undersigned understands that photos or video may be taken during the course of involvement with EBC, which may be used for promotional purposes. Any "before & after" photos will not be used unless the undersigned gives written authorization. The Undersigned understands there is a "no refund" policy, but can receive a credit for unused portions of bootcamp towards a future camp. By marking yes, you are acknowledging receipt and agreement with this release waiver.

**Do you understand and agree with the above?**

**Signature**