

TNT63 GROUP FITNESS CLASS WAIVER

I _____ have agreed to participate in the GFT SPORT group fitness class. The activities of the group fitness class include strength training, running, agility drills, jumping, intense cardiovascular activities and flexibility training. I understand that incorrect performance of exercises can lead to injury, and I commit to ask for assistance for any exercise I am unsure of how to perform safely. Acknowledgment is hereby made that the activities of the camp may require me to spend time outside in the heat, as well as inside. I further acknowledge that there are risks involved in participating in the bootcamp. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, my physical condition, equipment, actions of other people including, but not limited to, participants, volunteers, poor nutrition and lack of hydration.

In consideration of my being accepted into the program, I agree to release and discharge GFT SPORT, any of its employees, volunteers and supervisors, host facility and owners, Vincent Grant; owner of GFT SPORT and owner of any facility or land I train on, from any injuries sustained by me as a result of participation in this program. I agree to indemnify and hold harmless, GFT SPORT, and any of its employees, volunteers and supervisors, facilities and owners against any liability incurred as a result of such injury or loss. Fitness activities and programs require that I be in good health and have no condition that could endanger my wellbeing through participation. I will notify GFT SPORT coaches of any such defects in writing prior to enrolling in this program. The undersigned agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of myself.

Signature: _____

Date: _____

PROGRAM TERMS AND CONDITONS [Please read the following conditions below. By reading and signing or electronically signing you agree by the legally binding agreement to abide by the outlines that GFT SPORT has distributed below. By registering, using, and participating in the program you affirm that you also agree to the below terms and conditions.]

Policies of the TNT63 program are based on the terms to follow:

Age restrictions: 10 years of age or older.

Injury Prevention Safety: For safety reasons coaches are responsible to make the decision if a member can participate in class session if more than 15min late. The coach may request that the member perform alternative exercises during the class session currently being held. Coach also may choose to excuse member from class for unruly conduct or inappropriate attire not conducive to exercise activity.

Cancellation, Refund, Freeze: Member may cancel and receive a full refund of any class type within 3 days of initial purchase.

Members may not receive a refund of any kind once they have checked in to at least one class of the 30-day TNT63 program. If circumstances arrive that may involve medical inconvenience/injury, we ask that a letter be presented from physician stating so. In this event, the member will be allowed to freeze their access to the TNT63 program for a maximal length of **45 days**. To resume, member must present a doctor's release. The member will be able to continue and will start at the number of days left on previous program.

There are no remakes on the **30 days** or any other program length. Members of monthly programs will be provided with alternative workouts for missed sessions. All programs auto renew after the expiration of the current length program. Member is responsible for giving notice not to renew their agreement **15 days** or more before expiration.

Any member currently on a monthly program that would like to cancel before program has expired is responsible for an early cancellation fee of **\$75.00** to avoid any future charges to their account and expectations for class attendance. Monthly programs can only be frozen with proof of medical note or work/school schedule change. Monthly programs can only be frozen for a length of up to **30 days** and may only be frozen **1** time.

Signature of participant: _____

Date: _____

GFT SPORT| Bootcamp Waiver Form

READINESS FOR TRAINING

(Please specifically tell us about these when you give us the form.) Past Injuries:

Please list any past injuries, areas of tightness or chronic pain and any specific sensitivities to any exercises. (i.e. low back pain, my knees hurt when I squat, my shoulders are always sore, etc.)

Current Fitness Level: Please indicate your current fitness and activity level and how much exercise you've done recently. (i.e. couch/desk potato, walk regularly, active job, workout regularly, athlete, etc.)

Current Nutrition & Hydration: Adequate nutrition and hydration is critical to maintaining energy level during your workout and avoiding fatigue, lightheadedness and fainting. Likewise, overeating prior to a workout can cause upset stomach and vomiting with intense exercise.

I commit to notify my trainer if I am unsure about whether I have eaten enough prior to working out or if I have eaten a large meal in the past 2 hours. Initial: _____

Current Training Knowledge: By participating in this class I commit to ask for instruction on any exercise I am not familiar with. I acknowledge that this is important to avoid injury. (You can't make progress if you're hurt!) I commit to notify my trainer if I do not know how to do something. Initial: _____

Note: Start Slowly. Bootcamps can be intense, especially if you push yourself. Be sure to take it easy off the start and work your way up to more intense exercise. This is especially important if you used to be sedentary. I commit to work at a pace that is safe for me and within my current limits and notifying my trainer if I feel unwell. Initial: _____

Photo & Video Waiver (Required): By attending this class, the coaches of GFT SPORT and GFT SPORT along with any partners permission to post and tag (with my full name) photos and videos containing my image on their website, Facebook, Instagram, Twitter, YouTube, other social media and in print and video for promotion purposes of the business. Initial: _____

If all of the above is true to your best knowledge and you agree to all terms, please sign and date below:

Signature: _____

Date: _____