**REGISTRATION FORM**

1. Please print your information clearly
2. Bring this information with you to your first day of class (This info must be filled out in order to participate)

3. If you have medical issues that you think might preclude you from participating give us a call, prior to your first day, so we can discuss it!

***NOTICE:*** *It is wise to seek your doctor’s advice before beginning any health or fitness program!*

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Street:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Zip Code:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Profession: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Date of Birth \_\_\_/\_\_\_/\_\_\_
Emergency Contact and phone number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This is my first kettlebell class \_\_\_ I have used a kettlebell before \_\_\_\_

Best # to reach me at (\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Home Phone (\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_@\_\_\_\_\_\_\_\_\_\_\_\_\_ I understand I will be emailed by FFBC**\_\_\_\_\_\_**
I rate my current fitness level as a \_\_\_\_\_ (1-10), ten being high.
I was referred by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
My main goal is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**MEDICAL HISTORY**--------------------------------------------------------------------------------
1. Are you allergic to any medication (aspirin, penicillin, sulfa, etc.)?
2. Do you take any prescribed medication on a permanent or semi-permanent basis? If Yes, list\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Do you have a seizure disorder (epilepsy)? Yes No
4. Do you have diabetes Adult or Juvenile? Yes No
5. Have you ever been found to be anemic (low blood count)? Yes No
6. Do you have High Blood Pressure (hypertension)? Yes No
7. Do you have or have you ever had the following diseases?
 Heart Disease: Yes No
 Lung Disease: Yes No
 Kidney Disease: Yes No
 Liver Disease: Yes No
8. Do you have asthma? Yes No

9. Have you ever had a severe neck injury? Yes/No Describe:

10. Have you ever been knocked unconscious? Yes/No Describe:

11. Have you had a broken bone or fracture in the past 2 years? Yes/No Describe:

12. Have you ever seriously injured your back? Yes/No

How often do you experience back pain? Never / Seldom / occasionally / frequently with vigorous exercise or heavy lifting Describe:

13. Have you had knee pain in the past 2 years that has disabled you for longer than a week? Describe:

14. Do you have other physical conditions which cause pain or would preclude you from participating? Yes/No If Yes, Please Describe:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Gentlemen skip questions 15 and 16.

15. Are you pregnant? Yes/No

16. Did you have a baby within the last 6 months? If so when? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

17. Detail any surgical procedures:

18. Are you training for a specific event? If yes, explain:

**Please Read and Initial the following:**\_\_\_\_\_\_ I agree not to use foul language during kettlebell class. Violations will result in twenty push-ups per incident.
 \_\_\_\_\_\_ I agree not to say the words **Twinkie,** Krispy Kreme donuts, frappucinos, french-fries, pizza, ice cream, Slurpies, chocolate bars, chips, pies, pastries, Ho-Ho's, Ding Dongs, or cupcakes during the course of kettlebell class. Any violation will result in twenty push-ups per occurrence.

\_\_\_\_\_\_ I agree to show up for Kettlebell Class every day unless it is an excused absence from my doctor or pre-approved with Kettlebell Directors. Any violation will result in twenty push-ups per occurrence.

\_\_\_\_\_\_ I understand that photos or video may be taken during the course of my involvement in Kettlebell class, which may be used for promotional purposes.

\_\_\_\_\_\_ **I understand there is no refund policy**, but I can receive a credit (for unused portion of class) towards a future class, at Fitness Fun Boot Camp's discretion, if I'm not able to complete the one I originally joined. **Camp fees cannot** be used towards any other products or services provided by FFBC, Inc.

\_\_\_\_\_\_ I will remember to be to class ON TIME with all my required equipment.

**Liability Waiver and Photo Release Form**

**This release is entered into between the undersigned and Fitness Fun Boot Camp (at Studio 30) The purpose of Fitness Fun Boot Camp is to provide health and fitness instruction.**

The undersigned hereby acknowledge that the following was explained to them and/or agrees to the following:

**1**. Acknowledges that Fitness Fun Boot Camp (Studio 30) nor Inland Empire Adventure Boot Camp Inc. nor Cathy Gonzalez, nor Molli & Frederick “Tony” Rathstone nor Emilio Gomez nor A.H. Reiter Development Co. or the employees and contractors working for either one are not a physician and are not trained in any way to provide medical diagnosis, medical treatment, psychotherapy, or any other type of medical advice.

**2**. Acknowledges that fitness training is another tool for teaching individuals about themselves, but that Fitness Fun Boot Camp does not guarantee neither good nor bad will occur nor guarantees the coaching advice given by Fitness Fun Boot Camp Inc. will produce good nor bad results.

**3**. That I am participating in the Health & Fitness Classes, Programs, or Workshops offered by Fitness Fun Boot Camp Inc. during which I will receive information and instruction about health and fitness.  I recognize that fitness programs require physical exertion which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

**4.** The undersigned acknowledges that Fitness Fun Boot Camp Inc. nor Cathy Gonzalez, or the employees and contractors working for either one may suggest exercise as part of my fitness program/lifestyle management. I further understand that swimming, cycling (on and off road), in-line skating, triathlon, weight training, aerobic classes, martial arts, kick boxing, and any other related sports are an extreme test of one's mental and physical limits and carry with it potential for damage or loss of property, serious injury and death. That the undersigned assumes the risks of participating in these types of events/activities, 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 Fitness Fun Boot Camp nor Inland Empire Adventure Boot Camp Inc. nor Cathy Gonzalez, nor Molli & Frederick “Tony” Rathstone nor Emilio Gomez nor A.H. Reiter Development Co. or the employees and contractors working for either one Fitness Fun Boot Camp Inc. nor Cathy Gonzalez nor Emilio Gomez or the employees and contractors working for either one for the undersigned participating in said sporting events and/or training for said sporting/fitness activities.

**5**. In consideration of being permitted to participate in the Health & Fitness Classes, Programs, or Workshops, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in the program.

**6**. In further consideration of being permitted to participate in the Health & Fitness Classes, Programs, or Workshops, I knowingly, voluntarily, and expressly waive any claim I may have against Fitness Fun Boot Camp Inc. for injury or damages that I may sustain as a result of participating in the program.

**7**. I, my heirs, or legal representatives’ forever release, waive, discharge, and covenant not to sue Fitness Fun Boot Camp nor Inland Empire Adventure Boot Camp, Inc. nor Cathy Gonzalez or Molli & Frederick “Tony” Rathstone nor Emilio Gomez nor A.H. Reiter Development Co or the employees and contractors working for either one for any injury or death caused by their negligence or other acts.

**8.** I understand that is my responsibility to consult with a physician prior to and regarding my participation in the Health & Fitness Classes, Programs, or workshops. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in the Exercise Classes, Health Programs, or Workshops.

**9**. Photo release: In connection with my participation in the Fitness Fun Boot Camp Inc. Health & Fitness Classes, Programs, or Workshops, I consent to the use of my photograph or other likeness in the promotional and other materials of Fitness Fun Boot Camp Inc. without payment or other consideration made to me.

**10**. The Undersigned agree that this is the full agreement between all parties and that Fitness Fun Boot Camp nor Inland Empire Adventure Boot Camp Inc. nor Cathy Gonzalez nor Molli & Frederick “Tony” Rathstone nor Emilio Gomez nor A.H. Reiter Development Co. or the employees and contractors working for either one nor anyone else has not 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.

I have read the above informed consent, waiver of liability, and photo release and fully understand its contents.  I voluntarily agree to the terms and conditions stated above.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_

Email Address (please print legibly) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PRIVACY POLICY:

What information do we collect?

We collect information from you when you register on our site, place an order, subscribe to our newsletter or fill out a form. When ordering or registering on our site, as appropriate, you may be asked to enter your: name, e-mail address, mailing address, phone number or credit card information. You may, however, visit our site anonymously.

What do we use your information for?

Any of the information we collect from you may be used in one of the following ways: To personalize your experience, (your information helps us to better respond to your individual needs), To process transactions. Your information, whether public or private, will not be sold, exchanged, transferred, or given to any other company for any reason whatsoever, without your consent, other than for the express purpose of delivering the purchased product or service requested. To administer a contest, promotion, survey or other site feature; To send periodic emails. The email address you provide for order processing, may be used to send you information and updates pertaining to your order, in addition to receiving occasional company news, updates, related product or service information, etc. Note: If at any time you would like to unsubscribe from receiving future emails, we include detailed unsubscribe instructions at the bottom of each email.

How do we protect your information? We implement a variety of security measures to maintain the safety of your personal information when you place an order. We offer the use of a secure server. All supplied sensitive/credit information is transmitted via Secure Socket Layer (SSL) technology and then encrypted into our Payment gateway providers database only to be accessible by those authorized with special access rights to such systems, and are required to keep the information confidential. After a transaction, your private information (credit cards, social security numbers, financials, etc.) will not be kept on file for more than 30 days.

Do we use cookies? Yes (Cookies are small files that a site or its service provider transfers to your computers hard drive through your Web browser (if you allow) that enables the sites or service providers systems to recognize your browser and capture and remember certain information We use cookies to help us remember and process the items in your shopping cart and understand and save your preferences for future visits. If you prefer, you can choose to have your computer warn you each time a cookie is being sent, or you can choose to turn off all cookies via your browser settings. Like most websites, if you turn your cookies off, some of our services may not function properly. However, you can still place orders over the telephone.

Do we disclose any information to outside parties? We do not sell, trade, or otherwise transfer to outside parties your personally identifiable information. This does not include trusted third parties who assist us in operating our website, conducting our business, or servicing you, so long as those parties agree to keep this information confidential. We may also release your information when we believe release is appropriate to comply with the law, enforce our site policies, or protect ours or others rights, property, or safety. However, non-personally identifiable visitor information may be provided to other parties for marketing, advertising, or other uses. Third party links Occasionally, at our discretion, we may include or offer third party products or services on our website. These third party sites have separate and independent privacy policies. We therefore have no responsibility or liability for the content and activities of these linked sites. Nonetheless, we seek to protect the integrity of our site and welcome any feedback about these sites.

Childrens Online Privacy Protection Act Compliance We are in compliance with the requirements of COPPA (Childrens Online Privacy Protection Act), we do not collect any information from anyone under 13 years of age. Our website, products and services are all directed to people who are at least 13 years old or older. Online Privacy Policy Only This online privacy policy applies only to information collected through our website and not to information collected offline.

Your Consent By using our site, you consent to our web site privacy policy.

Changes to our Privacy Policy If we decide to change our privacy policy, we will post those changes on this page, and/or update the Privacy Policy modification date below. This policy was last modified on 7/23/2014

Contacting Us: If there are any questions regarding this privacy policy you may contact us using the information below. [www.fitnessfunbootcamp.com](http://www.fitnessfunbootcamp.com) cathylgonzalez@gmail.com