



seriously fun fitness
**Fit to Run &
 Boot Camp Challenge
 Registration Form**

Name _____ Date of Birth _____ Age _____

Home Phone _____ Work Phone _____ Cell Phone _____

Street Address _____

City _____ Zip Code _____ E-mail _____

Present Fitness Level (circle one) Beginner Regular Exerciser Competitive Athlete

What athletic activities or sports have you done in the past?

Are you involved in a sport or exercise program now? _____ If so, please describe the activity, frequency, duration, and intensity.

How long would it take you to run or walk one mile? _____

Training Interests Fat-loss Total Fitness Strength Running Core Stability Sports Enhancement

Other _____ Ultimate Fitness Goal _____

What has prevented you from attaining or maintaining your goals? _____

Are you willing to push through high-intensity workouts that produce real results? _____

Program	Location	Time	Days
<input type="checkbox"/> Fit to Run	_____	_____	M T W TH F
<input type="checkbox"/> Boot Camp	_____	_____	M T W TH F
Circle Selection:	1 Month - 2 x Week - \$120	1 Month Unlimited - \$150	Single Class - \$20
Days per Week _____	Amount Paid _____	Method: <input type="checkbox"/> Online <input type="checkbox"/> Cash <input type="checkbox"/> Check	Start Date _____

Please make checks payable to **Dynamic Fitness Concepts**. Thank you!

Liability Waiver

I, _____, give my consent to voluntarily participate in Dynamic Fitness Concepts, Inc. fitness programs. I have an understanding of my current health status and fitness level. I understand it is my responsibility to inform Dynamic Fitness Concepts, Inc. staff members prior to participating in any activity of any physical limitations and to monitor my level of exertion and pace myself accordingly.

In case of a medical emergency, and if medical services are unavailable, I give permission to any staff member of Dynamic Fitness Concepts, Inc., to transport myself to the nearest medical facility for treatment.

I hereby release Dynamic Fitness Concepts, Inc., their staff or representatives from any responsibility and liability for any injury or health consequence that may occur from participation in this exercise program.

I have read the foregoing, and I understand it. Any questions that may have occurred to me have been answered to my satisfaction.

Signed _____
 _____ Date _____