



# FrameworksFitness.com

## Personal Training

### Frameworks Fitness Boot Camp Registration Form

There are two (2) options

1. Print this form and bring it with full payment to:

Frameworks Fitness Studio  
17 Grange St.  
Guelph, Ont.  
519-220-9378

2. Print this form and mail it with full payment to the address above.

Pre-camp assessment will be scheduled by phone or when dropping off registration.

**Payment: Cash or Cheque (Made Payable to: Frameworks Fitness)**

**Sessions run for 4 weeks, two 60 minute sessions per week**

**Cost is \$130 plus 13% hst**

Pre-Camp Evaluation--- Your Evaluation includes the following:

- 1) An introduction to the Boot Camp and answer to any of your questions.
- 2) Review your health history, lifestyle, health goals, record your weight, measurements and body-fat%.
- 3) Do a basic fitness assessment to measure your present fitness level.
- 4) You will also receive nutritional information and guidelines\*

**\*Nutrition is the key to your success!**

**Eighty per cent of the physical improvements you gain from our program will be as a result of diet.**

Your diet is one of the most important parts of your training. The sooner you understand how to eat for performance, weight loss, muscle gain, constant energy and mood...the sooner you will be working at your optimum fitness level!

Post-Camp Evaluation---Get re-measured and tested to show the progress you have made!

You will need to bring one set of 5-8lb. weights, an exercise mat, towel and water.

**Refund Policy**

If you are unable to attend camp due to circumstances out of your control, we can offer a refund if you notify us prior to your session start date. A \$50 cancellation fee will apply.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Town/City: \_\_\_\_\_  
 Province: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_  
 Profession: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_  
 Email: \_\_\_\_\_

**EMERGENCY CONTACT:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
 Phone: \_\_\_\_\_

\*Class times to be determined by minimum numbers required (per class)

Please rate your present fitness level on a scale of 1-10, with 10 being the highest \_\_\_\_

**Health History (All information kept strictly confidential)**

At Frameworks Fitness Boot camp you will be asked to perform a wide range of activities ranging from low to high impact and low to high intensity of effort. We highly recommend that you consult with a physician before beginning this or any other physical activity program.

Have you ever been diagnosed and/or currently being treated for any of the following?  
(circle yes or no)

Heart Problems:	Yes	No
High Blood Pressure	Yes	No
High Cholesterol	Yes	No
Diabetes:	Yes	No
Thyroid Issues:	Yes	No
Seizures:	Yes	No
Chronic Illness: _____	Yes	No
Asthma/Lung Disease:	Yes	No
Migraines:	Yes	No
Hernia:	Yes	No
Other: _____	Yes	No

Do you have any injuries that may/will affect your ability to participate? Please describe.

Feet: \_\_\_\_\_

Knees: \_\_\_\_\_

Hips: \_\_\_\_\_

Back: \_\_\_\_\_

Shoulder: \_\_\_\_\_

Arm: \_\_\_\_\_

Neck: \_\_\_\_\_

Other: \_\_\_\_\_

Are you presently seeing any other health care professional with whom we will need to consult? \_\_\_\_\_

#### RELEASE

This release is entered into between you and Marla Arndt of Frameworks Fitness. The purpose of Frameworks Fitness Boot camp is to provide fitness instruction for athletes/individuals at various levels of fitness.

The undersigned hereby acknowledge that the following was explained to me and/or agree to the following:

Participant represents that he/she is in good physical condition and has no physical impairments, disability, or known health concerns preventing him/her from engaging in the physical conditioning offered to him/her by Marla Arndt of Frameworks Fitness.

AGREE

I understand and am aware that aerobic, strength, and flexibility exercise, including the use of equipment, is a potentially hazardous activity involving risk of injury and even death. I understand I am participating in these activities and using equipment and machinery with knowledge of the dangers involved. I agree to expressly assume and accept any and all risks of injury or death.

AGREE

All use of activities, equipment, and any facility or location herein utilized or provided for participants assessment, activity session, and/or consultation session shall be undertaken by the participant at his/her own risk, Marla Arndt and Frameworks Fitness shall not be liable for any injuries or damages sustained by the participant not withstanding the same may be attributable to the negligence of Marla Arndt and Frameworks Fitness or employee, consultants, or any other participant.

AGREE

Participant's lack of attendance shall not be a valid cause for extending the term of this agreement and may be the cause for him/her not achieving the desired results

AGREE

I understand that I must inform an instructor if I experience any changes in health during the course of the program including, but not limited to, dizziness, light-headedness, headache, shortness of breath, or any "bad" pain before, during, or after the activity session.

AGREE

PRINT NAME : \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE : \_\_\_\_\_

I agree to all Terms and Conditions listed above: AGREE