



Fitness Training For Life, LLC Fitness Camp Release

This release is entered into between the undersigned and Fitness Training For Life, LLC. The purpose of Fitness Camps provided by Fitness Training For Life, LLC is to provide fitness instruction and coaching for various levels of athletes/individuals.

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

1. Acknowledges that Carrie Morgan, Jeff Morgan and the Fitness Training For Life, LLC coaches are not physicians and are not trained in any way to provide medical diagnosis, medical treatment, or any other type of medical advice.
2. Acknowledges that coaching/training is another tool for teaching athletes/individuals about themselves, but that Fitness Training For Life, LLC does not guarantee neither good nor bad will occur nor guarantees the training advice given by Fitness Training For Life, LLC will produce good nor bad results.
3. Acknowledges that the undersigned has been told if they feel tired, feel pain or feel out of the ordinary in any way either related to your training, or otherwise, that the undersigned should contact a physician at once.
4. Acknowledges that fitness camps, aerobic classes, martial arts, kick boxing, running, kung-fu, weight training, obstacle courses, 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 including the inherent dangers of the natural elements, 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 and Fitness Training For Life, LLC 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 Fitness Training For Life, LLC, 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 will agree to following:

- I will remember to set my alarm and be at camp on time.
- I agree not to use foul language during Fitness Camp. Any violation will result in twenty push-ups per occurrence.
- I agree not eat or say the words *Twinkie, Donuts, Ho-Ho's, Ding Dong, or Cup Cake* during the course of Fitness Camp. Any violation will result in twenty push-ups per occurrence.

- I agree to show up for every Fitness Camp class unless it is an excused absence from my doctor or pre-approved with Fitness Camp instructors. 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 Fitness Camp, which may be used for promotional purposes. I understand that my "before & after" photos will not be used for any promotional purposes unless I give written authorization.
- If you are unable to attend camp due to circumstances out of your control, we can offer you a refund if you notify us **prior** to your session start date. However, **we will charge a \$50.00 cancellation fee.**
- **I understand there is no refund policy, but I can receive a credit (for unused portion of camp) towards a future camp if I am not able to complete the one I originally joined (due to injury or major illness that keeps me from attending camp for 5 or more days). All other excuses are unacceptable! Camp fees cannot be used towards any other products or services provided by Fitness Training For Life, LLC. Credit is nontransferable, and there is no cash refund. *****

Confidentiality Agreement

I understand and agree that, as a client of Fitness Training For Life, LLC, I will have access to and may learn certain information of a proprietary or confidential nature. Such information includes, but is not limited to, fitness training programs and implementation, handouts, newsletters, product specifications, marketing activity and plans, and other information relating to operation of Fitness Training For Life, LLC that is not generally known by the public.

I agree that I will not use or share this confidential information with any other competing fitness companies, training facilities, or "boot camps". I also agree that I will not use this confidential information to start my own competing fitness company, training facility, or "boot camp".

I understand that any violation of this policy will lead to legal action.

What do I need to know before attending camp?

1. **Eat a SMALL meal** before camp (have something like 1 - 2 tbsp of peanut butter on a slice of whole grain bread). Avoid juice.
2. Please always **arrive on time** or a little early.
3. If you **MUST** miss a class, please let your instructor know before that day arrives. It **is** your responsibility to attend all camp classes during the current session. If you cannot attend your designated camp time you forfeit that day of camp. Please let your instructor know in advance. **NOTE: If you miss camp during this session, you will not be able to make it up during another fitness camp session.**
4. Unless otherwise instructed, please bring **hand weights** (5-8 lbs for women, 10-12 lbs for men), an **exercise mat** (a thicker mat may be preferred), bottle of **water**, **towel**, and **running shoes** (no cross-trainers or walking shoes!) to camp each day.
5. For maximum benefit, be warmed-up and ready to exercise when camp begins. A cold body is more prone to injury.

6. Check the weather forecast each night before camp and wear layered clothing. You may find it beneficial to wear a hat and gloves in the winter months.
7. Avoid perfumes, but be sure to wear deodorant.
8. Be courteous to neighboring homes by keeping noise levels down.
9. Be courteous to other paying Fitness Camp attendees by leaving your pets at home.
10. Avoid all four letter words except "**YEAH!**"
11. If you have an unusual ache or pain, tell your instructor immediately!
12. Work at YOUR own pace and to YOUR own potential. Remember to **give 100% effort!**
13. And most importantly, **HAVE FUN!!!**

By signing this release, I agree to all above terms. I also understand that this will apply to my current enrollment and all future enrollments of Fitness Camps provided by Fitness Training For Life, LLC..

Signature: _____ Date: _____

Name (Please Print): _____