

CLASS YOU WILL ATTEND:

CROSSFIT \_\_\_\_\_ HIIT \_\_\_\_\_  
 BOOT CAMP \_\_\_\_\_  
 KIDS BC \_\_\_\_\_ BARBELL \_\_\_\_\_  
 MART. ARTS \_\_\_\_\_ PER. TR \_\_\_\_\_  
 OTHER \_\_\_\_\_



office use only \_\_\_\_\_ (acct #)

**WAIVER / AGREEMENT:**

I (the "client") voluntarily desire to participate in physical exercise training classes conducted on behalf of 911 Fitness and Broward boot camp, dba 911 CrossFit at the studio located at 12330 SW 53 St. suite 708, and the Cooper City park of commerce property (the "facility") and understand agree to the following.

1. Client agrees to assume full responsibility while voluntarily participating in any training class at the studio or the facility at Clients sole risk and discretion. Client shall abide by any rules and regulations for use of the studio or facility which may be promulgated from time to time by the studio
2. Client understands and agrees that there is a risk of injury associated with participation in any exercise program and that there exists the possibility for certain conditions occurring during or following training and/or exercise. These may include, but are not limited to, mild lightheadedness, fainting, abnormalities of blood pressure or heart rate, ineffective heart function in rare instances, heart attack or stroke. The reaction of the cardiovascular system to such activity cannot be predicted without complete accuracy.
3. It is strongly recommended that client receive medical clearance from his/her private physician to starting or participating in an exercise training program. The studios training programs are not designed for individuals with known heart disease with or without functional impairment.
4. Client has been informed that any fitness program includes possible risks and all exercises shall be undertaken at Client's sole risk and discretion. Client assumes full responsibility for any and all damages, injuries or losses that may be sustained or incur, if any, while participating in any studio exercise program or physical activity. Client hereby waives all claims against the Studio, the Facility, the Studio Instructors, officers, directors, employees or agents of either and/or any successor assigns or and all claims, demands, injuries, damages, actions, or causes of action, whatsoever to my person or property or arising out of or connected to the services, facilities, exercise classes, or the facility where same is located (including the Studio and/or the Facility, as applicable) , whether such risks are caused or alleged to be caused by the negligent acts or omissions of any 911 Fitness, Inc®. Client hereby agrees to indemnify defend, hold harmless, release and discharge the Studio instructors, their servants, agents, employees, and/or any successors and assigns, whatsoever, for any damages, injuries or losses that may be sustained by the Client arising from or in connection with the activities that Client voluntarily participates, including without limitation, attorney's fees, costs, and expenses of any litigation, arbitration or other proceeding.
5. Treat equipment with respect and do not slam bars and light weight, they break easily. If you break it, charges will apply.
6. We do take pictures and videos from time to time, and member and visitors agree to the use of them for our promotions, website, and marketing.

Please, while you are our guest.

Rep who helped/entered in software: \_\_\_\_\_ Card given: \_\_\_\_\_

- Always treat members and staff with respect and courtesy at all times
- 911 CrossFit is not responsible for lost or stolen personal property on or around the premises
- If you would like to borrow one of our Polar heart rate monitors, you are welcome too. Pls remember to turn it back to front desk before going home. From time to time, people may forget to return it, If this happens to you, We ask that you bring it back within 24hrs or a charge of \$150.00 will be applied to your account. Agreed \_\_\_\_\_

KEY TAG: \_\_\_\_\_

**CANCELLATION POLICY:**

IF YOU DECIDE TO BECOME A MEMBER OF 911 CROSSFIT AND LATER WISH TO CANCEL, WE REQUEST 30 DAYS NOTICE IN WRITING, PLEASE NOTIFY 911 CROSSFIT VIA EMAIL OR FAX. 954-239-3911. Send emails to: [Jim@911Fitness.com](mailto:Jim@911Fitness.com) or [desk@911crossfit.com](mailto:desk@911crossfit.com) Confirmation will be sent via email after cancelation is effective.

TRY OUT DATE: \_\_\_\_\_

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

How did you hear about us: \_\_\_\_\_ Known injuries or allergies: \_\_\_\_\_

**Please print clearly**

Name (FIRST AND LAST)

Address \_\_\_\_\_

DOB: \_\_\_\_\_

\_\_\_\_\_

CITY, STATE, ZIP

EMAIL \_\_\_\_\_

(\_\_\_\_\_) \_\_\_\_\_

PHONE

Emergency Contact \_\_\_\_\_

(\_\_\_\_\_) \_\_\_\_\_

PHONE

**CLASS ATTENDING: \_\_\_\_\_ AGREEMENT OF \_\_\_\_\_ MONTHS**

DATE \_\_\_\_\_

**SIGNATURE**

NOTES

A la carte boot camp classes are valid for 4 weeks from purchase date. Ask us about Herbalife discount club!!

Boot camp 3 or 6 months commitment discount is auto charged every 4 WEEKS, therefore only valid within that time frame.

Crossfit and MMA classes are ongoing month to month disciplines. To avoid any late fee, pls make sure your invoice is paid every 30 days.

Late fee is \$30.00. 3 day grace period allowed. Personal Training and MMA, by appointment only, 24hr cancelation required.

. This is a private membership club, 911 CrossFit reserves the right to cancel or terminate any membership as needed.

911 CrossFit • 12330 S.W. 53 Street, #707, Cooper City, FL 33330 • 954-438-4744