

Please complete prior to taking class, initialing and signing where indicated below. Thank you!

PLEASE PRINT

First Attendance Date: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone : (_____) _____

Cell Phone : (_____) _____

E-mail: _____
 Class news & schedule updates are sent periodically via email.

Birthday: _____

Emergency Contact & Phone: _____

If class times were added or modified, what would interest you?

Where did you hear about us?

____ Internet - Which site? _____

____ Sign ____ Parktakes ____ Money Mailer

____ Postcard or other mailer

____ Flyer - Where? _____

____ Magazine - Which? _____

____ Newspaper - Which? _____

____ TV/Radio - Which? _____

____ Referral - Who may we thank? _____

____ Other _____

What are your health/fitness goals?



NAME _____
 Last First MI

PARTICIPATION AUTHORIZATION

The Jazzercise Fitness Program uses dance to challenge the systems of the body, especially the cardiovascular and skeletal system. We advise that if you have any physical ailment, are taking medications or are otherwise not in excellent physical condition suitable for strenuous activity, your participation may be injurious to you. The following questions are designed to alert you to factors which may place you at risk from strenuous exercise. They do not include all physical risks. If you answer "yes" to any questions below, you must consult with your physician before starting The Jazzercise Program.

- | | |
|---|--|
| YES NO | YES NO |
| <input type="checkbox"/> <input type="checkbox"/> Has a physician ever said you had heart trouble? | <input type="checkbox"/> <input type="checkbox"/> Do you have bone or joint problems such as arthritis? |
| <input type="checkbox"/> <input type="checkbox"/> Do you often feel faint or have spells of severe dizziness? | <input type="checkbox"/> <input type="checkbox"/> In the past month have you had any chest pain? |
| <input type="checkbox"/> <input type="checkbox"/> Are you over age 50 and not accustomed to vigorous exercise? | <input type="checkbox"/> <input type="checkbox"/> Are you now or have you been pregnant in the past 3 months? |
| <input type="checkbox"/> <input type="checkbox"/> Have you had surgery in the past 3 months? | <input type="checkbox"/> <input type="checkbox"/> Do you have a cigarette smoking habit (now or within the past yr)? |
| <input type="checkbox"/> <input type="checkbox"/> Are you overweight (more than 20 pounds)? | <input type="checkbox"/> <input type="checkbox"/> Do you have high blood pressure, cholesterol and/or triglycerides? |
| <input type="checkbox"/> <input type="checkbox"/> Do you have a history of lung problems? | <input type="checkbox"/> <input type="checkbox"/> Do you take prescription drugs for blood pressure or heart issues? |
| <input type="checkbox"/> <input type="checkbox"/> Do you feel pain in your chest when you do physical activity? | <input type="checkbox"/> <input type="checkbox"/> Is there any physical reason not mentioned here why you should not follow an activity program? |

These questions are designed to help you. Please seriously consider whether any other problem, condition or medication suggests that you should seek medical advice before participating in the exercise program.

I have read all of the above and I do not need to consult my physician further. Please initial:

RELEASE & WAIVER OF LIABILITY, ASSUMPTION OF RISK, & INDEMNITY AGREEMENT

In exchange for permission to participate in The Jazzercise Program, I hereby enter into the following release and waiver of liability assumption or risk and indemnity agreement. I, for myself, my heirs, spouse, executors, administrators, personal representatives, and assignees, waive, release, discharge, indemnify, hold harmless and agree not to sue Jazzercise, Inc., its officers, directors, shareholders, employees, agents, landlords, lessees, sponsors, representatives volunteers, affiliates, and franchisees (hereafter the "Released Parties") from any and all liability, responsibility, damages, losses, claims, demands, actions, suits, judgments, costs and expenses (including attorney's fees) resulting from personal injury, accidents, illness, death and/or property loss caused in any manner, including the simple, active or passive negligence of the Released Parties, by my participation in the Jazzercise Program.

I acknowledge that The Jazzercise Program is designed to stress the heart, lungs, cardiovascular and circulatory systems, muscles, joints, ligaments and tendons in an attempt to improve muscular strength and cardiovascular fitness. I acknowledge that I am aware that I should warm up prior to engaging in Jazzercise and stretch upon completion of these activities. I acknowledge I have been advised to consult with my physician with respect to any past or present injury, illness, cardiovascular problem, knee problem, joint problem or any other condition or medication that may affect my participation and ability to participate in and to endure the exercise programs, and knowingly assume all risks relating to my participation in the Jazzercise Program.

I acknowledge that I have discussed with my physician the appropriateness of The Jazzercise Program in connection with any illness or condition that I now have or have previously had and that I knowingly execute the agreement freely and voluntarily and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

I have read this agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. This agreement is intended to be as broad and inclusive as permitted by law. If any portion of this agreement is held invalid, the remaining portions will continue in full force and effect.

Signature _____ Date _____

I am the parent/guardian of the minor. _____ Phone Number _____

Reviewed by _____

Reviewed by