

FREE WORKOUT REGISTRATION FORM

Step 1: Print this form and fill it out.

Step 2: Pick a session from the workout schedule.

Step 3: Bring this completed form to Flexfit and enjoy the workout!

If there is any confusion, call text or email anytime!

All workouts are one hour and all cater to the beginner, experienced and advanced fitness person.

Name(participant)_____

Address_____

(STREET) (CITY) (STATE) (ZIP)

Cell Phone_____ Home Phone_____

Date of Birth_____ Age_____ Email_____

Emergency Contact_____ Relationship_____ Emergency Contact Phone_____

Waiver Agreement (please sign at bottom)

Because physical exercise can be strenuous and subject to risk of serious injury, Pink Ladies Fitness LLC urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You have accurately and truthfully completed the Physical Activity Readiness and the Medical History Questionnaires that are attached to this waiver and release form as Exhibits A and B. You understand that there are potential risks associated with an exercise program, such as episodes of light headedness, fainting, abnormal blood pressure, chest discomfort, leg cramps and nausea, muscle soreness, muscle strains, heart attack, and death. You further understand that it is your obligation to immediately inform the trainer of any pain, discomfort, fatigue or any other symptoms that you may suffer during and immediately after the training session. It is your further understanding that you may stop or delay any further training if you so desire and that the training session may be terminated by the trainer upon observation of any symptoms of distress or abnormal response. You agree that by participating in physical exercise or training activities, you do so **entirely at your own risk**. This includes, without limitation, (a) my use of all amenities and equipment in the facility and any off-site location, (b) my participation in any activity, class, program, personal training or instruction, and (c) the sudden and unforeseen malfunctioning of any equipment. You agree that you are voluntarily participating in these activities **and assume all risks** of injury, illness, or death. In addition, any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **release of liability**. You expressly agree to release and discharge the Pink Ladies Fitness LLC and its respective agents, officers, principals, employees, and representatives from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the trainer/instructor, or Inman Sports Club, for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

Pink Ladies Fitness LLC is doing business as Flexfit Training Center.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Signature: _____ Dated: ____/____/____

Parent signature (if participant above is under 18 years of age): _____ Dated: ____/____/____

The Incredible **FLX** FIT TRAINING CENTER

XF- Flexfit Fusion training is our signature workout! A full body, unique, strength and cardio hour that **EVERYONE** (beginners to advanced) can do with **intensity YOU CAN CONTROL**. No one is coaching strength and conditioning the way we are and it leads to **GUARANTEED RESULTS! Body weight, tone, strength, energy, moods, sleep, body image-ALL IMPROVES QUICKLY!**

AST- Athletic/sports training, three age groups: 7-9, 10-12 and 13 and over. Focus on **speed, agility, core strength, hamstring health AND OUR VERY OWN attention training development model (ATDM fitness)**. This program is the most professional, affordable and successful opportunity in NJ for athletes. Sport specific, perform better and prevent in-season injuries!

Power Yoga- A challenging flow design to help recover and realign the body while adding core strength and sport like intensity.

OPEN GYM- An opportunity to work privately with a coach, workout on your own, or attempt a signature Flexfit Challenge!

Memberships include: unlimited access to schedule, nutrition plan, custom workouts for home/travel, free 1 on 1 personal training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
XF 5:20-6:20am XF 9:30-10:30am XF 4-5pm AST 5-6pm XF 6-7pm XF 7-8pm	 XF 9:30-10:30am AST 5-6pm XF 6-7pm XF 7-8pm	XF 5:20-6:20am XF 9:30-10:30am XF 4-5pm AST 5-6pm XF 6-7pm XF 7-8pm	XF 5:20-6:20am XF 9:30-10:30am XF 4-5pm AST 5-6pm XF 6-7pm XF 7-8pm	XF 5:20-6:20am XF 9:30-10:30am XF 4-5pm AST 5-6pm	 XF 8-9am AST 9:30-10:30am	 Power Yoga 8-9am OPEN GYM 9:00-10:30am

Inside Inman Sports Club 2nd floor
 2 Villa Drive N Edison 08220
732-841-1769 www.flexfitgym.com
 2 min from: Colonia Post Office, Clark
 Community Pool & JP Stevens HS

HOLY FIT!
 Did you see that
 instagram video @
 flexfit training center