

## Group Fitness Waiver and Policies

In consideration of being allowed to utilize the equipment and facilities of and participate in the activities and programs of Signature of Solon's Fitness Center and Fitness Classroom, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge Signature of Solon and any administrators charged with managing, providing or teaching fitness classes and events and all others from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities, or my use of equipment in the above mentioned activities. I do also hereby release all of those mentioned, and any others acting upon their behalf, from any responsibility or liability from any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, or in any way arising out of or connected with my participation in any activities.

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, are a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks or injury or death. Each participant is responsible for informing his/her instructor of any medical issues.

### **Group Fitness:**

- Classes are scheduled on a monthly basis. In order for a class to be scheduled, a minimum number of participants are required to reserve spots prior to the start of the month.
- To ensure/reserve a space in a class, payment must be made prior to the start of the first month's class and classes may be cancelled due to low enrollment. Please check
- Payment can be made by cash, credit card or check (TCF, LLC).
- If you need to miss a pre-paid class, contact the instructor or TCF within 24 hours in order to avoid a no-show status. (No-show is defined as a cancellation with less than 24 hours notice start or unannounced absence.)
- Participants can make up missed classes by attending another class within 60 days.
- No-shows can be made up within 30 days of a missed class by attending an additional class within 30 days. Refunds for no-shows cannot be credited to accounts for future classes.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Phone: \_\_\_\_\_

Text: Y/N

Email address: \_\_\_\_\_

Parent/guardian name: \_\_\_\_\_

Signature of parent/guardian if child is under the age of 18:  
\_\_\_\_\_

**FOR MOST UP TO DATE CLASS INFO,**

<http://tinyurl.com/TCF-Classes>

[admin@totalcustomizedfitness.com](mailto:admin@totalcustomizedfitness.com)