



**Internal/Office Use Only:**

1<sup>st</sup> Visit Date: \_\_\_\_\_

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

1<sup>st</sup> Assessment Date: \_\_\_\_\_

## Emergency Contact Form (Please print clearly)

Name: \_\_\_\_\_ Male  Female

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

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

Check the box if you'd like to receive marketing/newsletter emails & texts from CorePhysique

### ***Primary Emergency Contact***

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

Relationship to Contact: \_\_\_\_\_ Daytime Phone (\_\_\_\_) \_\_\_\_\_

Evening Phone: (\_\_\_\_) \_\_\_\_\_

### ***Other Information***

Birthday (month/day/year): \_\_\_\_\_ Shirt Size \_\_\_\_\_

Allergies (Medicines, Food, Insects, Etc.): \_\_\_\_\_

Asthma or other Respiratory Disease:      Yes       No       If yes, please provide details:

\_\_\_\_\_

Heart Disease/Heart Issues:      Yes       No       If yes, please provide details:

\_\_\_\_\_

Existing Injuries (back, shoulder, knees, etc.):      Yes       No       If yes, please provide details:

\_\_\_\_\_

Anything else we need to know about you?

\_\_\_\_\_

How did you hear about Core 57? \_\_\_\_\_

What are you interested in:    Group Classes       Personal Training       Semi-Privates

**FLIP PAGE OVER - PLEASE READ & SIGN**



## Waiver, Release, and Assumption of Risk Form

I have volunteered to participate in a fitness program provided to me by Core 57, which may include, but may not be limited to, resistance training and aerobic or cardiovascular exercise. In consideration of Trainer's agreement to instruct and train me, I do here now and forever release and discharge and hereby hold harmless Trainer and his respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from.

THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT BELONGING TO TRAINER OR TO MYSELF THAT MAY MALFUNCTION OR BREAK; (2) ANY SLIP, FALL, DROPPING OF EQUIPMENT; (3) AND/OR NEGLIGENT INSTRUCTION OR SUPERVISION.

I have been informed of, understand and am aware that any exercise program, whether or not requiring the use of exercise equipment, is a potentially hazardous activity. I also have been informed of, understand and am aware that any exercise and/or fitness activities involve a risk of injury, as well as abnormal changes in blood pressure, fainting, and a remote risk of heart attack, stroke, other serious disability or death, and that I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury, regardless of severity, or death. I have been advised that an examination by a physician should be obtained by anyone prior to commencing a fitness and/or exercise program or initiating a substantial change in the amount of regular physical activity performed.

If I have chosen not to obtain a physician's consent prior to beginning this fitness program at Core 57, I hereby agree that I am doing so solely at my own risk. In any event, I acknowledge and agree that I assume the risks associated with any and all fitness related activities and/or exercises in which I participate.

**This form is an important legal document that explains the risks you are assuming by beginning an exercise program. It is critical that you have read and understand this document completely. If you do not understand any part of this document, it is your ultimate responsibility to ask for clarification prior to signing it.**

By signing this agreement, I agree to receive automated appointment information and marketing text message from Core57 to the mobile number I have provided. I understand that I am not required to provide any consent as a condition of purchasing any goods or services. Message & data rates may apply.

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

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

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