



**Internal/Office Use Only:**

Reason for Visit: \_\_\_\_\_

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

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

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

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

## Youth Emergency Contact Form (Please print clearly)

Child's Name: \_\_\_\_\_ Male  Female

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

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

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

Mindbody Password (8 characters) \_\_\_\_\_

### ***Parent Information:***

Mother's Name: \_\_\_\_\_ Father's Name \_\_\_\_\_

Mom's Phone (\_\_\_\_) \_\_\_\_\_ Dad's Phone (\_\_\_\_) \_\_\_\_\_

Mom's Email \_\_\_\_\_ Dad's Email \_\_\_\_\_

### ***Other Information:***

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

Sports You Participate in (if any) \_\_\_\_\_

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

Asthma or other Respiratory Disease: 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: 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 Core 57's agreement to instruct and train me, I do here now and forever release and discharge and hereby hold harmless Core 57 and its 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 with 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.**

Child's Name (please print): \_\_\_\_\_

Parent's Name (please print): \_\_\_\_\_

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

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

**For Office Personnel:** Create Child's Profile in Mindbody. In Profile, select Relationship/Assign/Add Client. Add Mom's info. In dropdown, click "select client above is the parent of". Add that relationship. Also, assign "youth is paid for by select client above". Do the same process for Dad.