



FOUNDATION TRAINING

EXPAND | ELEVATE | EVOLVE

with Linda Guanti

CLIENT INFORMATION FORM (Please print clearly)

Name _____ Birth date _____ Date _____

Address _____ City/Prov/Postal Code _____

Home Phone _____ Cell Phone _____

Emergency Contact _____ Phone _____

Email Address _____

Would you like to receive emails regarding classes, events and scheduling? Yes No, thank you

Please list any injuries you have/had:

RELEASE FROM LIABILITY

I have signed up for a Foundation Training private session, workshop or classes offered by Linda Guanti. I have been advised and understand that the participation in one or more fitness programs, exercise and conditioning activities, like any physical conditioning activity or exercise program, presents some unavoidable risk of injury, especially to people who have preexisting injuries, illness or medical disabilities. I understand that the use of exercise equipment also carries with it a risk of injury. I recognize that many changes may occur as a result of these Foundation Training lessons, including possible short-term aggravation of some symptoms, feelings of tiredness, light-headedness, increased energy, mood changes, etc.

I also understand that a medical evaluation is advisable before commencing any program of physical conditioning or exercise. I have and will continue to keep Linda Guanti fully informed of any physical condition or disability which would prevent or limit my participation in an exercise or physical conditioning program. I acknowledge that, although the conditioning program I participate in may have substantial health benefits, Linda Guanti is not engaged in diagnosing or treating medical diseases or deficiencies.

I expressly assume all risks of my participation in Foundation Training workshops or classes conducted by Linda Guanti and waive any claim which I might otherwise bring against Linda Guanti as a result of injuries or illness from or relating to my participation in one or more Foundation Training classes.

Linda Guanti shall not be responsible or liable for any article lost, stolen or damaged, in or about the studio.

I understand that classes require prior evaluation of my fitness level and that I am responsible for attending the appropriate level class or following recommended modifications as directed by Linda Guanti.

This release from Liability extends to include all studio/gym space owners and operators.

THIS IS A LEGAL INSTRUMENT, IF YOU DO NOT FULLY UNDERSTAND IT,

PLEASE CONSULT WITH AN ATTORNEY BEFORE SIGNING.

Name (Please Print) _____ Signature _____ Date _____

Signature (parent or guardian if under 18) _____