

# Fit By Jan

## BOOT CAMP Registration Form

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

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

Session Dates: \_\_\_\_\_

- Boot camps begin *promptly* at scheduled time. Arrive 10 minutes before class time so you can get settled and ready to go.
- For indoor classes, please bring a yoga mat, bottled water, and a towel. For outdoor classes, please bring bottled water. Both classes need to bring a good attitude!
- It is your responsibility to attend the Camp. There are no rollovers to the following month. There will be one day set aside for clients to do a makeup. The date will be determined at the end of the session. An exception will be provided if you are sick or injured on a case by case basis.
- Refund Policy: I strive to provide the best possible service to my clients. If for some reason you aren't satisfied, I will provide a refund for unused sessions.
- Please have something small to eat before class so you don't get light-headed.
- Payment is due *before* Boot Camp session begins. This reserves your spot.
- *A minimum of 6 participants* are needed to run the session. Call your friends and neighbors and bring them....they will eventually thank you.
- Remember to **GO AT YOUR OWN PACE**. Be honest with your instructor if you feel any unusual discomfort, dizziness or pain.
- It is important to let the instructor know if there are any injuries that will affect the exercises you can perform. There are plenty of alternatives.

By signing below, I agree to all the above conditions:

\_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone \_\_\_\_\_