



groundwork fitness  
group class agreement

PRINT CLEARLY PLEASE!

PRINT NAME \_\_\_\_\_

DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

EMAIL: \_\_\_\_\_ CELL NUMBER: \_\_\_\_\_

Occupation: \_\_\_\_\_ Location/City: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Cell #: \_\_\_\_\_

**This exercise program includes various levels of physical exertion and intensities ranging from low and moderate to maximal effort levels. All exercise programs will be administered by qualified personnel. We are making an effort to become informed on any medical or physical conditions and/or limitations regarding your health. It is our policy to be informed so we can make necessary modifications.**

\_\_\_\_\_ (Client Signature) **IF you take full responsibility for yourself and stand behind the statement “I do not have any medical problems or limitations that will prevent me from working out in this exercise class”**

**Please list or explain any physical limitations:**

---

---

---

---

---

---

---

---



# Terms and Liability Release Form

Client Name: \_\_\_\_\_ Referred by: \_\_\_\_\_  
Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_ Email: \_\_\_\_\_

AUTOMATIC PAYMENT AUTHORIZATION: I authorize Groundwork Fitness to charge my credit card / debit card TYPE: \_\_\_\_\_ # \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVV/CVC \_\_\_\_\_ in the amount of \$ \_\_\_\_\_ monthly/weekly/per session

\*\*\*If there is not cash or a check payment received by the 1st of each month there will be an Automatic Manual Payment Transaction including a \$5.00 transaction fee on the above listed card, for UNLIMITED classes. Five Pack , Ten Pack packages & Private sessions will also have a transaction fee. ANY payments resulting in non-sufficient funds will be the client's responsibility and he/she will be charged for the balance and any fees associated with the NSF! X \_\_\_\_\_

Must provide D.L./I.D. Card here # \_\_\_\_\_ State \_\_\_\_\_ EXP \_\_\_\_\_

FOR GOOD AND VALUABLE CONSIDERATION, including permission to participate in GIOVANNA FERRARO, GROUNDWORK FITNESS, KEEP LBC FIT sponsored events and related activities, I, for myself, my successors, heirs, assigns, executors, administrators, partner/spouse, and next of kin:

1. Agree that, prior to participating I will inspect the facilities, equipment, and areas to be used, and if I believe that any of them are unsafe, I will immediately advise the person supervising, GIOVANNA FERRARO, GROUNDWORK FITNESS, and/or Keep LBC FIT personnel.
2. Acknowledge that I fully understand that my participation may involve risk of serious injury or death, including economic losses, which may result not only from my own actions, inaction, or negligence, but also from the actions, inaction, or negligence of others, the condition of the facilities, equipment, or areas where GIOVANNA FERRARO, GROUNDWORK FITNESS, and/or Keep LBC FIT sponsored events or activity is being conducted, the rules of play, or this type of activity.
3. Assume any and all risk of bodily injuries to myself, including medical or hospital bills, permanent or partial disability, death, and damages to my property, caused by or arising from my participation in GIOVANNA FERRARO, GROUNDWORK FITNESS, and/or Keep LBC FIT sponsored events or related activity.
4. Covenant not to sue or present any claim for personal injury, property damage, or wrongful death against GIOVANNA FERRARO, GROUNDWORK FITNESS, and/or Keep LBC FIT, The City of Long Beach or LA County, their officers, employees, volunteers, & agents for damages attributable to my participation in any related activity. I understand I am responsible for lost or stolen items as lockers are provided, as I must bring my own lock. I understand the parking structure is available but GIOVANNA FERRARO, GROUNDWORK FITNESS, and/or Keep LBC FIT, The City of Long Beach are not responsible for damages or theft to my car and items.
5. Release, waive, discharge, and relinquish GIOVANNA FERRARO, GROUNDWORK FITNESS, and/or Keep LBC FIT, The City of Long Beach or LA County, their officers, employees, volunteers, & agents from any liability, loss, damage, claim, demand, or cause of action against them arising from or attributable to my participation in GIOVANNA FERRARO, GROUNDWORK FITNESS, and/or Keep LBC FIT sponsored events or related activity, whether same shall arise by their negligence or otherwise.
6. Agree that photographs, pictures, slides, movies, or videos of me may be taken in connection with my participation in GIOVANNA FERRARO, GROUNDWORK FITNESS, and/or Keep LBC FIT sponsored events or related activity without compensation from GIOVANNA FERRARO, GROUNDWORK FITNESS, and/or Keep LBC FIT or The City of Long Beach or LA County, and consent to the use of these photographs, pictures, slides, movies, or videos for any legal purpose.
7. Warrant that I am in good health and have no physical condition that would prevent me from participating in GIOVANNA FERRARO, GROUNDWORK FITNESS, and/or Keep LBC FIT sponsored events or related activity.

THIS DOCUMENT RELIEVES GIOVANNA FERRARO, GROUNDWORK FITNESS, and/or Keep LBC FIT AND THE CITY OF LONG BEACH OR LA COUNTY FROM LIABILITY FOR BODILY INJURY, WRONGFUL DEATH, AND PROPERTY DAMAGE BY NEGLIGENCE. I HAVE READ THIS DOCUMENT, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS AND ASSUME ALL RISKS BY SIGNING IT. I CERTIFY THAT I HAVE FULLY READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT AND WILL COMPLY WITH THE CONTENTS HEREIN.

**\*I PROMISE TO ABIDE BY THE TERMS AND CONDITIONS STATED ABOVE IN THIS AGREEMENT.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date