

Feel'n Fine
(www.feelnfine.ca)

Iron Discipline
(www.irondiscipline.com)

Feel'n Fine/ Iron Discipline Waiver

Client (Print Name) _____

The following are a few policies that will enable better service to you, the client. Please initial each guideline as you go down the list, to ensure that you understand what is required of you the Client, and I, your Trainer.

1. _____ I have signed a Health Questionnaire and consent forms and will inform my trainer of any changes to my health. If a Par-Med X is given to me to take to my doctor, I will be responsible for any costs incurred.
2. _____ I will bring clean indoor running shoes if inside and flat running shoes for outdoor Kettlebell Training, a full water bottle, and be prepared to work out on time. I realize that being late will not extend my time past the scheduled hour.
3. _____ A minimum of 24 hours cancellation notice must be given so I do not inconvenience others. If I must cancel within 24 hrs, I will be charged for the session. If possible we will reschedule in an empty time slot that week, or my session can be used to have my trainer research a fitness/nutrition query that I have.
5. _____ When necessary the trainer and I will inform one another 2 weeks prior to an absence in training. (ex: vacation, surgery, maternity leave....)
6. _____ If my trainer becomes ill or is unable to train me, my appointments may be rescheduled or a substitute trainer may be provided.
7. _____ Payment will occur in advance of training in the form of cash or cheque.
8. _____ If I am unable to complete my prepaid training sessions in one year, due to relocation, disability, or any other reason, I realize that a refund will not be possible. If a Doctor's note is provided the recuperation time will be extended past the yr. My sessions will be fully transferable to another person of my choice, if I relocate or am unable to complete my sessions, the expiry date will still be observed.
9. _____ *Feel'n Fine/ Iron Discipline* does not assume liability for any potential injuries during training or while I am pursuing activities based on advice provided by my trainer.
10. _____ I will permit a trainer to spot, correct form or realign body parts by touching/assisting in a professional manner to accomplish the exercise safely.

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WAIVER cont'd

11. _____ I grant permission to be photographed or videotaped during a training session and allow it to be used for marketing purposes. I can decline at any time to be photographed by informing the photographer and request the info not to be used.

12. _____ I hereby acknowledge and agree that I will forever hold Cindy Little and Feel'n Fine Employees /Darren Little and employees of Iron Discipline harmless for any damage of any kind that may arise out of the use of any product that she/he has brought to my attention.

13. _____ I further acknowledge that Cindy Little and Feel'n Fine and Iron Discipline has advised me that prior to taking any product that I should consult with my family physician.

14. _____ Furthermore, I hereby acknowledge and agree that I will forever hold Cindy Little and or Feel'n Fine harmless for any damage of any kind whatsoever that may arise out of any advice that I may receive from any of the seminar presenters that Feel'n Fine or Iron Discipline may have. I further acknowledge that should I decide to retain the services of any of the seminar presenters and /or other professionals or business operators through a referral from Cindy Little and /or Feel'n Fine or Darren Little and /or Iron Discipline that I shall forever hold them harmless.

15. _____ Feel 'n Fine is not responsible for any damages whatsoever to any vehicles on premises parking lot or any theft of the vehicle or articles from the vehicles.

16. _____ I understand that this waiver is intended to be as broad and inclusive as permitted by the laws of Ontario and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect. I further affirm that the venue for any legal proceedings shall be in the Province of Ontario.

17. _____ I affirm that I am of legal age and am freely signing this agreement. I have read this form and fully understand that by signing this form, I am giving up legal rights and /or remedies, which may be available to me for the ordinary negligence of Feel 'n Fine or any of the parties listed above.

18. _____ I promise to have fun and challenge myself every time I work out!

Client signature _____

Witness _____

Date (m/d/y) _____/_____/_____

Signed at Ottawa, Ontario