

FIT IN 6

6 WEEKS TO A HEALTHIER YOU

**\$345
Value!**

1 PRE-ASSESSMENT

Private 30-minute consultation with your Trainer for baseline measurements, goal-setting, and custom action plan to help you meet your 6-week goals (and beyond).

2 NUTRITION SESSION

1-hour complimentary nutrition guideline session with for breakdown of macronutrients, calorie ranges, and easy healthy recipes. Offered at two times:
Monday 10/5 10am | Tuesday 10/6 6pm

3 WEEKLY MYZONE CHALLENGES

Track your exercise and output level with a MyZone belt and participate in weekly challenges from your training team to help keep you motivated. *(MyZone is optional and not required for program, but participants will receive an exclusive code to purchase a MyZone Belt at a significant discount!)*

4 4 PERSONAL TRAINING SESSIONS

Meet with your Trainer for 4 one-on-one 30-minute Personal Training sessions.

5 POST-ASSESSMENT

Private 30-minute consultation with your Trainer for post-program measurements, goal evaluation, and a personalized plan of action for continued success.

6 PRIZES

The individual with the largest percent of weight loss at the end of the program will receive \$100 in Club Bucks! Perkiwille points will also be rewarded for Weekly MyZone Challenges!

REGISTER ONLINE TODAY!

Members: \$209
Non-Member: \$269



410-734-7300 | www.thearenaclub.com



Program Registration Form



NAME OF PROGRAM: _____

DAY(S) OF PROGRAM: _____ DATE(S) OF PROGRAM: _____

PARTICIPANT'S NAME: _____ MEMBER: Y N

AGE: _____ DOB: ____ / ____ / ____ GENDER: Male Female

PARENT NAME (if participant is under 18): _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME #: _____ CELL #: _____

EMAIL: _____

EMERGENCY CONTACT: _____ CELL # _____

HEALTH INFORMATION: Please list any special needs, medical or behavioral conditions, or medications that we need to be aware of to ensure your child's safety (allergies, asthma, etc.)

RELEASE: I have read and answered to the best of my knowledge, the above questionnaire. I agree that all exercise and activities (including, but not limited to exercise classes, cardio, strength equipment, pools, field activities) shall be undertaken by me at my sole risk. I release Harford Health & Fitness Club, Inc., its officers, directors, employees and shareholders, from any claim for any injury to me personally, damage to my personal property, or theft thereof, while I am at the Harford Health & Fitness Club, including claims arising from negligence of Harford Health & Fitness Club employees or agents. I understand that I must be a current member in good standing at the time of service to receive member discount. I understand that all images (photographic and video) taken can be used in future marketing. No refunds will be issued for any partial, unused or unattended programs, any questions must be directed to the program manager.

Because physical exercise can be strenuous and subject to risk of injury, including serious injury or death, the Club urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest, or participant) agree that if you engage in any physical exercise or activity, or use any club amenity on the premises or off premises including any sponsored club event, **you do so entirely at your own risk.** Likewise, dietary modifications can cause a variety of changes and can create problems, including as it relates to your energy, stamina, appetite, and mood. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and **assume all risk** of injury, illness, or death. We are also not responsible for any loss, damage, or disappearance of your personal property.

This waiver and release of liability includes, without limitation, all injuries which may occur, **regardless of negligence**, as a result of: (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction; (b) the sudden and unforeseen malfunctioning of any equipment; (c) our instruction, training, supervision, or dietary recommendations; (d) any on-line or virtual training; or (e) your slipping and/or falling while in the club, or on the club premises, including adjacent sidewalks and parking areas. **This waiver also includes any negligence associated with the presence of or transmission of any bacteria, viruses, or infectious diseases.**

By signing below, you acknowledge that you have carefully read this "waiver and release" and fully understand that it is a Release of Liability. You expressly agree to release and discharge the club, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the Club for negligence, personal injury or property damage. You also agree that this waiver and release applies to any of your guests or family members.

You further agree that if a court of law finds any part of this agreement to be against public policy or in violation of any state statute or legal precedent, then **only** that portion of the document may be deleted and the remainder of this waiver and release will remain in full force.

Additionally, you understand that the Club occasionally photographs/videotapes client events/sessions and you consent your approval for the Club to use these images or video in any and all media for promotional purposes with no financial or other remuneration due to you.

Signature / Parent or Legal Guardian must sign if participant is under 18

Date