



Aerobics Spring 2010 Classes Registration and Release Form

Tuesday and Thursday evenings at 5:30 p.m. beginning March 9.

Cardio Fitness: If you're looking for a new exciting workout routine that will help you lose weight and improve your health, then this is the class for you! This energetic upbeat aerobics class is a great workout for all levels of fitness. The class combines cardio-vascular training and toning exercises for a superior total body workout.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Alt. Phone _____

DOB _____ Email _____

Emergency Contact Name and Number _____

Are you a member of a local Church? YES NO

If so, where _____

You are aware that you are engaging in physical exercise and that the use of exercise equipment, church facilities, training and instruction, could cause injury to you. You are voluntarily participating in these activities and assume all risks and injury to you that might result. You agree to waive any claims or rights you might otherwise have to sue First Baptist Church, or any of its employees or instructors for injury to you as a result of these activities. You have carefully read this waiver which states that you assume all risks of injury. You are hereby advised that you should be sufficiently physically fit for exercise activities and should have consulted a physician prior to undertaking a physical exercise program. This waiver covers you for the length of all your visits in this facility. First Baptist Church is not responsible for any personal property lost or stolen within the facility. You (the guest) waive any claims for any property lost or stolen in this facility.

Guest signature: _____ Date _____

Cost is \$5 per class-pay as you attend. Class led by Ashley Childs.