

MBS TRAINING STUDIO

Membership Application

Name: _____ Card Type: _____

Address: _____ Card Number: _____

_____ Expiration Date: _____

E-mail: _____ Name on Card: _____

Phone: _____

\$55 per month • \$30 per addition

Signature: _____

\$10 daily nonmember fee

All memberships require a credit card for activation and are subject to a \$20 refundable access key deposit • Members must be 18 years of age or older, or work under the direct supervision of a trainer • All additions to a membership must share a household with the primary member • Membership cancellations must be filed 10 days prior to billing date • Members must accompany any and all guests and are responsible for guest fees of \$10 per day and/or \$25 per week

Informed Consent Waiver

In consideration of being permitted to enter *Mind, Body & Soul/MBS* for any purpose, including, but not limited to observation, use of facilities or equipment or participation in any way, the undersigned hereby acknowledges that he or she has or immediately upon entering will inspect such premises. It is further warranted that such entry into *Mind, Body & Soul/MBS* for observation, participation or use of any facilities constitutes an acknowledgement that such premises and all facilities and equipment thereon have been inspected and that the undersigned finds and accepts same as being safe and reasonably suited for observation or use.

The undersigned has enrolled in a program of strenuous activity including but not limited to weight training, cardiovascular exercise, boxing, yoga, martial arts, various aerobic conditioning offered by *Mind, Body & Soul/MBS*. I hereby affirm that I am in good physical condition and do not suffer from any disability which would prevent or limit my participation in this exercise program.

In consideration of my participation in *Mind, Body & Soul/MBS*'s exercise programs or use of facilities on my own, I, for myself, my heirs, and assigns, hereby release *Mind, Body & Soul/MBS* from any claims, demands, and causes of action arising from my participation in the exercise program or use of the facilities on my own.

I fully understand that I may injure myself as a result of my participation in *Mind, Body & Soul/MBS* exercise programs or unsupervised activity in facility and I hereby release, *Mind, Body & Soul/MBS* from any liability now or in the future including, but not limited to heart attacks, muscle sprains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury however caused, occurring during, or after my participation in the exercise program or unsupervised activity in the facility.

I hereby affirm that I have read and fully understand the above.

Name

Signature

Date