

Congratulations on taking the first step to improving your health! You are a select few who have acquired a spot in the 8 week PHAT Weight Loss Challenge. Your Coaches are excited to meet you and get you started on your fitness journey.

Name: \_\_\_\_\_

**Injuries/Areas of Concern:**

**COST**

\_\_\_\_\_ 2x per Week \$320

**Add On**

\_\_\_\_\_ Private Health Coach Sessions with Anne \$120 (1x per week for first 4 weeks)

**PILATES ONLY**

\_\_\_\_\_ 5:30-6:00 am Tuesday & Thursday **Pilates** Only

**WEIGHTS ONLY**

\_\_\_\_\_ 5:30-6:00 pm Monday & Wednesday **Weights** Only

**COMBO WEIGHTS & PILATES**

\_\_\_\_\_ 9:00-9:30 am OR 9:30-10:00 am Mon **Pilates** & 9:30-10:00 am Wed **Weights**

\_\_\_\_\_ 10:00-10:30 am Tuesday **Pilates** & 10:00-10:30 am Thursday **Weights**

Program runs September 20 – November 12, sessions will meet in the Power Plate Studio

As with any exercise program, there are risks, including those associated with metabolic stress and musculoskeletal injuries. In volunteering for this program, you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program. By signing below, you accept full responsibility for your own health and well-being and you acknowledge an understanding that no responsibility is assumed by the coaches of the program.

You are training as a team. Therefore if you arrive late to sessions you will be short changing yourself. There are no make ups for missed sessions. There are no refunds issued for any reason, including but not limited to relocation, illness, and unused sessions.

You are required to complete both pre and post testing to qualify for the team prize should your team be the winner. The challenge is based on the team who averages the greatest amount of body fat lost collectively.

**Photography Model Release Form**

I, the undersigned, do hereby grant and forever release unto The Claremont Club permission to take photographs of me, and all my rights, title and interest in and to all photographs, negative and prints taken by them, and also the right to publish, display, copyrights, and use them or any part of them, alone or in conjunctions with other persons or characters, real, imaginary, for any and all advertising, trade, art or private purposes, and in any and all publications and other advertising media without limit or reservation, either with or without my name or other identification, or with the name of any real fictitious person, and with or without any testimonial copy or other form of advertising or display what so ever, and the right to retouch, alter, caricature or use of the photographs or any part of them, alone or in composition with other reproductions of any kind.

Print Full Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Measurement and Workout Days**

1. Positive Attitude
2. Workout attire including sturdy athletic shoes
3. Water
4. Come Warmed Up to Every Session