

Personal Information

Name: _____ DOB ____/____/____

Address: _____

City: _____ Zip Code: _____

Phone: _____

Emergency Contact Person: _____

Emergency Ph: _____ Relationship to Contact: _____

Liability Waiver:

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in a physical activity.

Having such knowledge, I hereby acknowledge this release, any representatives, agents, and successors from liability for accidental injury or illness which I may incur as a result of participating in the said physical activity. I hereby assume all risks connected therewith and consent to participate in said program.

I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in said fitness program.

Signature: _____ Date: _____

Avon Summer

Strength & Speed

7 Weeks of Training

■ **3rd-5th: Tuesday & Thursday**
8:00-9:30 am -- \$50

■ **6th-12th: Monday – Thursday**
6:30-8:00 am -- \$100

**Feel free to contact Tim Leibel or Whitney Podzimek
with any questions.**

Tim Leibel
#605-481-0027

Whitney Podzimek
#605-201-9405