



# BOOT CAMP

## REGISTRATION FORM (p.m.)

Stacydittmer.com



Please drop registration form off at  
A & L Get Active, 201 Rosser Avenue

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

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Have you completed the Par-Q Form with this registration ?

**8 sessions = \$62.00**

Please indicate camp date and time:  
Date: \_\_\_\_\_

5:00 pm                      **Mon/Thurs**  
First Baptist Church

6:00 pm                      3881 Park Avenue

**PLEASE BRING:**

yoga mat  
dumbbells (5-8lb)  
water

**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 group personal training program with Stacy Dittmer.

Having such knowledge, I hereby release Stacy Dittmer from liability for accidental injury or illness which I may incur as a result of participating in the physical activity. I hereby assume all risks connected there with and consent to participate in the program.

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

I consent and grant permission to Stacy Dittmer to use photographs of my image during my participation in the fitness program, for promotional purpose.

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