



Client Information and Release of Liability

Please answer each question as accurately as possible. Your answers will be confidential.

Client Information

Name _____ Birth Date _____

Address _____

City _____ State _____ Zip _____

Phone Number(cell) _____ Cell Provider _____

Email _____

In Case of Emergency, please notify:

Name _____ Relationship _____

Phone Number (cell) _____

How did you hear about us? _____

I have read and understand all New Client Forms and Late Cancel Policies

Signature _____ Date _____

FOR OFFICE USE ONLY

Client Information Entered _____ Date of First Visit _____

Waivers Signed _____ Referral Source Entered _____ CC on File? _____ Staff Initial _____

General Medical History and Information

Please note: in order to assist you in the development of a rewarding physical fitness program, we need to have your honest and accurate responses.

Are you under the care of a physician, chiropractor, or other health care professional for any reason? _____

If yes, please list reason: _____

Do you have consent from your health care provider to participate in exercise? _____

Do you have any serious health conditions that we should know about that may affect your exercise program?

Are you taking any medications we need to know about? If yes, please explain.

Please describe your current exercise routine.

Please describe any past or current musculoskeletal conditions you have incurred such as muscle pulls, sprains, fractures, surgery, back pain, or general discomfort:

Head/Neck _____

Upper Back _____

Shoulder/Clavicle _____

Arm/Elbow _____

Wrist/Hand _____

Lower Back _____

Hip/Pelvis _____

Thigh/Knee _____

Lower leg/Ankle/Foot _____

Please take a moment to carefully read the following information and sign where indicated.

Waiver of Liability and Informed Consent Release

I voluntarily desire to participate in any training, assessment, analysis, education, workshops, events, physical exercise, rehabilitation, therapy, and or meditation conducted by Kathy Lopez, Jami Klein, V-Fit, Ventura Fitness Studio, its directors, instructors, trainers, independent contractors, officers, employees, consultants and agents. I understand that participation in the above mentioned activities presents some unavoidable risk of injury, especially to people who have pre-existing injuries, illness, or medical disabilities. I recognize that many changes may occur as a result of participation in the above mentioned activities including but not limited to, short-term aggravation of some symptoms, feelings of tiredness, light-headedness, fainting, increased energy, mood changes, changes in blood pressure, etc.

I also understand that a medical evaluation is advisable before commencing any program involving training, assessment, analysis, education, workshops, events, physical exercise, rehabilitation, therapy, and/or meditation. I have and will continue to keep Kathy Lopez, Jami Klein, V-Fit, Ventura Fitness Studio, its directors, instructors, trainers, independent contractors, officers, employees, consultants and agents fully informed of any physical condition which would prevent or limit my participation in an exercise or physical conditioning program. I acknowledge that, although the conditioning program I participate in may have substantial physical benefits, Kathy Lopez, Jami Klein, V-Fit, Ventura Fitness Studio, its directors, instructors, trainers, independent contractors, officers, employees, consultants and agents are not engaged in diagnosing or treating medical diseases or deficiencies.

I expressly assume all risks of my participation in the programs conducted by Kathy Lopez, Jami Klein, V-Fit, Ventura Fitness Studio, its directors, instructors, trainers, independent contractors, officers, employees, consultants and agents and waive any claim which I might otherwise bring against Kathy Lopez, Jami Klein, V-Fit, Ventura Fitness Studio, its directors, instructors, trainers, independent contractors, officers, employees, consultants and agents as a result of injuries resulting from or relating to my participation in their programs.

Participant Signature _____ **Date** _____

Consent for minors is required prior to first session

Parent/Guardian Signature _____ **Date** _____

Release of Liability for Photos and Videos

I hereby give Ventura Fitness Studio, Kathy Lopez, Pilates with Kathy, Jami Klein, Jami Klein Fitness, V-Fit, its directors, instructors, trainers, independent contractors, officers, employees, consultants, agents and film crews permission to film, videotape and/or photograph me and/or my child for the purpose of producing promotional materials in print and online. I have been advised this film, video, and/or photography will be used to promote Ventura Fitness Studio, Kathy Lopez, Pilates with Kathy, Jami Klein, Jami Klein Fitness, V-Fit, its directors, instructors, trainers, independent contractors, officers, employees, consultants, agents and film crews, as well as healthy lifestyles. I also understand that the film, video and/or photography may be viewed in collateral material and/or online for the purpose of promoting Ventura Fitness Studio, Kathy Lopez, Pilates with Kathy, Jami Klein, Jami Klein Fitness, V-Fit, its directors, instructors, trainers, independent contractors, officers, employees, consultants, agents and film crews, as well as healthy lifestyles.

I release Ventura Fitness Studio, Kathy Lopez, Pilates with Kathy, Jami Klein, Jami Klein Fitness, V-Fit, its directors, instructors, trainers, independent contractors, officers, employees, consultants, agents and film crews from all liability arising from the use of the film, video and/or photography of myself or my child. I also understand and agree that no compensation will be paid to myself or my child for participating in this film, video and/or photography.

Participant Signature _____ **Date** _____

Parent/Guardian Signature _____ **Date** _____



V-Fit New Client Things to Know

Welcome to the V-Fit Family!!!

Please read the following helpful hints to better your workout experience.

Late Cancel Policy

We have a generous 12 hour cancellation policy when you need to remove yourself from a class you had previously signed up for.

* Clients on a monthly or yearly class pack, canceling after the 12 hour period forfeits the class.

* Clients on an Unlimited Monthly package, or on the "Love and Gratitude" Monthly Auto-Debit package, will be charged a \$10 Late Cancel Fee ONLY when there is a waiting list for that class. We will waive this fee if you cancel early enough so that the next person on the waiting list is notified and is able to come to the class on short notice and therefore your place in class was filled.

If you late cancel to a class that later is cancelled due to low attendance, late cancel policies still apply.

Waiting List Guidelines

Some of our classes are very popular and regularly have waiting lists and our instructors do everything they can to fit in as many people as possible. If you are trying to sign up for a class that is full, we highly recommend that you add yourself to the waitlist...very often you will get in and it allows us to know if there is a high demand for the class that perhaps we need to add another class, etc.

You will be notified via email or text if you have made it into the waiting list, however you MUST set-up your preferences with the front desk staff on how you would like to be notified. The system will not automatically text you unless you set it up that way. Please be advised that the text can be a bit cryptic...clearly from V-FIT with the name of the class that you were waitlisted for and then some jibble/jabble. We will see if we can improve this but be advised that is your notification that you made it in to class.

If you receive a notification that you made it into class, please try and notify the instructor via text or simply reply to the email that you can or cannot attend. You will not be charged if you get added to the class after the 12 hour window and do not make it to class, however we would love to move onto the next person on the waitlist if you cannot come and the only way we know is if you tell us. You are also helping to prevent a potential fee to one of your fellow V-Fitters!!

Class Cancellations

We reserve the right to cancel class if there are 3 or less clients signed up for a class and you will be notified via email and/or text. Please make sure your phone number is in our system so that we can easily contact you.

What to bring to class

Yourselves of course! If taking Yoga or Pilates you may want to bring your own mat. (We do have mats in the studio if you forget.) We provide water and towels. If you are taking a spin class you should bring a water bottle so you don't have to get off of the bike to get a drink. Please wear comfortable workout clothes you can move in. Both studios have a changing area if you need to change clothes before or after your class. We do ask that you not bring your cell phones into class with you, as this can be distracting to the teacher and your fellow classmates. If you're expecting an important call, you're welcome to leave your cell phone at the front desk and we'll come grab you if it rings.

Parking

The studio on Westinghouse has designated parking- in order to maintain a good relationship with our neighbors please abide by these regulations. If you are standing at the entry door facing the lot you can park in the row closest to you to the right all the way around the building, or the row across the lot to the left. (If you have any questions ask a staff member!) You also have the option to park on Westinghouse.

Lost & Found

Items left at the studio will be donated at the end of each month, so do your best to collect your items if you happen to leave them!

Other Tips and Frequently Asked Questions

Can men take class?

Yes, men are absolutely welcome to take a class at V-Fit. Although you will usually find a majority of women in our classes, we have a lot of men who attend regular classes and see great results.

Do you offer Childcare?

Yes! Childcare is offered at our Westinghouse location and is specifically scheduled as each child is registered. Please see details online or ask for information at the studio.

I am just starting an exercise regimen, which classes should I take?

Checkout our Classes on Main. Our Main Street studio offers small classes (max 8) where you can have more one-on-one attention from the instructor. Classes such as Fit Fusion, Gentle Yoga, TRX or Barre I/II are great options!

I have read and understand the above information regarding studio policies.

Participant Signature _____ **Date** _____

Parent/Guardian Signature _____ **Date** _____