

O'Neil Fitness & Personal Training

“For the Best Shape of Your Life!”

978-290-2365

Personal Training

The Boot Camp Workout

Core Conditioning

WAIVER

By signing this document, I acknowledge that I have been informed of the need to obtain a physician's examination and approval prior to beginning this exercise program. I fully understand that the program can be highly strenuous and choose to participate completely voluntarily. I accept all responsibility for my health and any resultant injury or mishap that may affect my well being, including death, or health in any way. I hold harmless of any responsibility the instructor, the facility, the City of Gloucester, or any persons involved with this program or testing procedures.

I give Tracy O'Neil permission to use my name as a reference and my photograph for promotional reasons.

Initials: _____

I understand that this time is reserved for me and that cancellations without 24-hour notice will be charged.

Initial: _____

I understand that there is no refund or extension for missed classes. Initial: _____

Name (please print)

Phone Number

Street Address

City

State

Zip Code

Signature