

TRX INTRO Boot Camps Registration Form



To Guarantee Registration:

- 1) Email Kari
- 2) Mail Registration Form
- 3) Mail Waiver (attached to Registration Form)
- 4) Mail check for full amount payable to Woodall Training

For specific TRX Boot Camp questions, please review the FAQ section at www.WoodallTraining.com/trx-bootcamp.

Please send registration, waiver, and payment to: Woodall Training TRX
3539 John Muir Drive
Middleton, WI 53562

Name: _____

Email Address: _____

Address: Street _____

City/State/Zip _____

Cell Phone: _____

Referred By: _____

Circle One: **TRX Basic Training Boot Camp** SUN 4:15-5:15 PM & WED 5:15-6:15 PM

Basic Training requires moderate-high fitness activity prior to first day. Starts slowly, progresses quickly and builds to very high intensity.

TRX Launch Boot Camp SUN 3-4 PM & WED 6:30-7:30 PM

Launch requires moderate fitness activity prior to first day. Starts very slowly, gradually builds to a harder intensity. Provides a basic foundation and preliminary adaptation to TRX training.

Dates November 6-December 14, 2011

Circle One: **Pricing Options**

2 Sessions/Week @ \$195

3 Sessions/Week @ \$235 (\$291 value) TRX Fusion add-on option

Make-up classes are available weekly and must be completed before the last day of boot camp.

By participating in the Woodall Training TRX Boot Camps, participants agree that Woodall Training has the right to use their images in connection with the promotion of Woodall Training TRX Boot Camps.

Woodall Training Boot Camp Participants agree NOT to instruct TRX Boot Camps or TRX Group Exercise Classes in Dane County, WI for 18 months after the last day of his/her Woodall Training TRX Boot Camp.

Signature: _____ Date: _____

THIS FORM WAIVES LEGAL RIGHTS AGAINST WOODALL TRAINING

I agree to waive any right to recover damages from Woodall Training, including its employees, for any harm or injuries suffered as a result of their negligent acts. In other words, I agree to release Woodall Training, including its employees, for their negligent acts, even if those negligent acts cause me (or my child) a physical injury or economic harm. I am giving up the right to sue Woodall Training, its owners and employees, for harm caused to me (or my child) as a result of their negligent acts.

This waiver does not release Woodall Training, or its employees, from liability for injuries resulting from any intentional acts.

I understand that serious injuries may occur when exercising with a suspension trainer (TRX), and with other related activities that I may participate in under the instruction of Woodall Training. The risks include but are not limited to: heart attack, pulled or torn muscles, tendons and ligaments.

I understand that if I do not agree with the terms of the release stated above, I may attempt to negotiate my own terms by discussing this with the owner or instructor from Woodall Training instead of signing this form.

By signing below, I agree to the terms of this waiver and release:

Signature of user (or Parent or Guardian if user is under 18 years of age)

Print Name

Date