

Lucie Bee
Fitness

Name: _____

Address: _____

Town: _____ County: _____ Post Code: _____

Tel: _____ Email: _____

Emergency Contact & Phone No.: _____ Relationship: _____

Have you practiced Yoga / Bootcamp style classes before? Y / N ____ If YES, what experience do you have? _____

_____ Would you like to join the mailing list? Y / N _____

General Health

Do you have any medical conditions? Please provide details. Arthritis, Osteoporosis, High BP, Low BP, Epilepsy,

Pregnancy, Recent Surgery, Other: _____

Physical injuries / Disabilities / Ailments: Are there any areas of concern with your body? Please provide details. _____

Release & Waiver liability: Please read carefully.

I have agreed to participate in Lucie Bee Fitness exercise classes, involving Bootcamp sessions and/or the practice of Yoga. The activities of indoor/outdoor training, strength training, running, agility drills, jumping, intense cardiovascular activities and flexibility are all part of the sessions. The practice of Yoga involves physical activity (Asana), breathing exercises (Pranayama) and meditation. As with all physical activity, the risk of injury, even serious or disabling is always present and cannot be entirely eliminated. During class, the teacher will provide verbal cues inviting you to move and breathe in a particular way, these cues are guidelines only. You should always work to your own ability. I acknowledge that there are risks associated with physical activity. These include but are not limited to, those caused by terrain, facilities, temperature, weather, my physical condition, equipment, actions of other people included by not limited to, participants, volunteers and lack of hydration.

It is your responsibility to consult your GP before beginning exercise classes and seek medical consent where necessary. It is also your responsibility to notify the teacher in writing of any injury or ailment (recent or ongoing) prior to every class. The exercise sessions may at times be challenging but should never be painful. If at any time you believe something is unsafe for you, or that you are unable to participate due to physical injury or a medical condition, you should stop what you are doing and notify the teacher immediately.

By signing your name below, you confirm that you acknowledge and agree to the terms contained in the above waiver of liability statement. You are aware of (and assume) the risks and hazards of participating in exercise classes and agree to assume full responsibility for any injuries and/or damages, which you may incur as a result of your voluntary participation. I agree to release and discharge Lucie Bee Fitness and any of its employees, volunteers and supervisors from any injuries sustained by me as a result of participation in the exercise classes. I agree to indemnify and hold harmless Lucie Bee Fitness and any of its employees, volunteers and supervisors, against any liability incurred as a result of such injury or loss that may occur as a result of my participation. The undersigned agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of myself.

Lucie Bee Fitness may wish to take photographs of fitness activities to include in various areas such as, website, educational materials, publications, and advertisements and social media. Photos sometimes include classes of students engaged in exercise activities. By signing this release form you are granting permission for Lucie Bee Fitness, its representatives and employees the right to take photographs of classes and authorise Lucie Bee Fitness to copyright, use and publish, in print and/or electronically for any lawful purpose, including publicity, illustration, advertising and web content.

Please sign to confirm that you have read the Student Information Sheet including GDPR policy:

Student Name (CAPITALS): _____

Signature: _____ Date: _____

Student Information Sheet

Thank you for signing up to either Bootcamp or Yoga exercise classes.

To achieve maximum enjoyment from your session, please read the FAQs below:

What to Wear:

Please wear something comfortable, gym kit or similar is ideal. Avoid loose clothing that may restrict your vision when bending forward.

What to Bring:

You will be required to bring a yoga/exercise mat with you to each class. Other useful items to bring include: Bottle of water, Medication (e.g. Inhaler if Asthmatic), Jumper/Scarf (or something cosy) for relaxation in Yoga.

How to Prepare:

It is advisable not to eat a heavy meal before attending class. As a guideline, allow 2 hours after a light snack or 4 hours after a heavy meal. Drink plenty of water, come hydrated. Switch off mobile phones / electronic devices, this is to ensure there will be no rings or buzzes disturbing the class.

Punctuality:

Please aim to arrive 5 minutes before the class starts, allowing time to check-in and remove your shoes (for Yoga). The class will start promptly at the specified time.

Injuries and contraindications:

If you have any medical concerns, are suffering with an injury or medical condition, it is imperative that you seek advice from your GP or healthcare practitioner BEFORE attending a class. If you have an injury or illness, there may be some yoga poses/exercises that need to be modified or avoided. Please seek advice from your teacher before the class starts. It is your responsibility to notify the teacher of any injuries (new or ongoing) before every class. Always work to your own ability and respect the limitations of your body.

Bookings & Cancellations:

When a class is cancelled without adequate notice, we are unable to fill this slot by offering it to somebody else. Because of this the full session fee will be charged when you miss or cancel a class without giving at least 24 hours advance notice. For cancellations made more than 24 hours prior to the class, the fee paid can be used for a future class. If you are unable to attend a class, please cancel the space you booked online through the website www.luciebee-fitness.com

Payment:

Payment will be collected online by booking your space in advance through the website www.luciebee-fitness.com

General Data Protection Regulation (GDPR) Policy:

Your personal data will be held securely and will never knowingly be shared with a third party. Your data will be used respectfully to communicate essential information relating to the class.

Thank you for reading!

Lucie 07717 377 017

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