

CrossFit Spotsy



Fundamentals Registration Form

Personal Information

First name:

Last name:

Address:

City:

State & Zip code:

Home Phone#:

Cell Phone #:

Email:

Date of birth: (Month/Day/Year)

Have you done CrossFit? yes/no

Where?

How long?

Emergency Contact name:

Relationship:

Phone#:

CrossFit Spotsy



Requirements

Successful attendance at **all** Fundamental sessions, private or group, required before attending any regularly scheduled Work Out of the Day (WOD).

- Private Fundamentals: 4 one-hour sessions scheduled in advance, \$200
- Group Fundamentals: 2-6 athletes, 8 one-hour sessions, \$150/person

\$25 rescheduling fee

Payment must be received in full before beginning the Fundamentals program.

There is no refund for incomplete sessions.

Agreement

I, _____, have committed to (circle one) 4 Private/
8 Group Fundamental sessions. I understand that this is a contractual agreement between CrossFit Spotsy and myself and agree to the policy stated herein.

Signature