

CrossFit Spotsy



Registration Form

Name:

Date of Birth: (Month/Day/Year)

Address:

City/State/Zip code:

Phone #:

Email:

How did you hear about CrossFit Spotsy?

Medical Questionnaire

High blood pressure: yes/no

High cholesterol: yes/no

Heart disease: yes/no

Lung disease: yes/no

Liver disease: yes/no

Kidney disease: yes/no

Diabetes: yes/no

Insulin: yes/no

Asthma: yes/no

Cigarette smoking: yes/no

Smoked in past: yes/no

If yes, #/day:

If yes, how long ago did you quit?

For how long did you smoke?

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Are you on medications: yes/no

List medications:

Allergies to medications: yes/no

Specify allergy:

Other allergies: yes/no

Specify allergy:

Problems in:

Knee(s): yes/no If yes, describe:

Back/neck/shoulder: yes/no If yes, describe:

Hips/pelvis: yes/no If yes, describe:

Other issues:

Please provide a medical release authorization from your physician if you have any known medical conditions that may affect you during physical activities.

Initial:

Do you currently exercise? yes/no

of times/week:

Have you trained in CrossFit before? yes/no

If yes, where, when, for how long?

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Fundamentals completion date:

CF101 attendance:

Membership plan:

Start date:

Monthly rate:

Payment method:

Program duration: All programs are for a minimum of one (1) month term, except drop-in visits. CrossFit Spotsy programs will automatically renew after one (1) month from start of first payment date. **If you wish to cancel or change a membership, a written 30-day notice is required.**

Initial:

Requirement for all memberships: Successful completion of CrossFit Spotsy Fundamentals is required prior to participating in any and all CrossFit Spotsy sessions/classes/programs. This program is designed to teach the fundamental movements and exercises that will be needed to safely perform workouts.

Initial:

Terms and conditions of membership:

- 1) New memberships generally begin on the first day of the month. If you are signing up at a time other than the beginning of the month, your membership will be evaluated to determine any fee prorating that may apply.
- 2) All accounts will require a credit card on file to back the membership fees. You have the option of paying by cash, check, or PayPal by the 1st of each month. Standard practice is to charge credit cards by the 1st of each month.
- 3) CrossFit Spotsy memberships are for one (1) 30-day month. These memberships will automatically renew after the end of each 30-day month. If you wish to terminate your membership or make changes to your membership, you must notify CrossFit Spotsy in writing. Termination requests and changes will be made effective 30 days from receipt of request. Any disputes for billing will be reviewed up to 60 days prior to the date of request.

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- 4) Registration fees for CrossFit Spotsy Fundamentals are non-transferable and non-refundable.
- 5) Freezing/holding of memberships is not permitted. A participant's inability to attend sessions due to personal injury or other limitations does not relieve the participant from any obligations outlined herein.
- 6) Participants have 60 days from the date of a charge transaction to dispute any charges.
- 7) Liability waiver: CrossFit Spotsy's liability waiver/release form must be filled out in completion prior to participating in any session/class/program/workout.
- 8) Athlete Agreement Form: CrossFit Spotsy's Athlete Agreement Form must be signed prior to participation in any session/class/program/workout.
- 9) Unpaid balances: All balances due and not paid by the end of each month are subject to a \$15 monthly service fee. CrossFit Spotsy shall have the right to assess a service charge of \$25 for each dishonored check. For nonpayment of amounts due, CrossFit Spotsy, has the right to: 1) Initiate collections action against the member, 2) Suspend the member's right to use the facility, and 3) Terminate this agreement. If any balance remains unpaid for more than 10 days, CrossFit Spotsy may accelerate payment of all remaining sums payable, whether or not then due. If legal action is brought to collect any amount due under the terms and conditions listed herein, the participant agrees to pay attorney's fees equal to 1/3 the amount due, and all costs of judgment enforcement, including attorney's fees. No remedy is exclusive; each remedy may be exercised successively and concurrently.
- 10) All terms and conditions, including all documents incorporated by reference herein, constitute the entire and exclusive agreement between the parties. Any promises, representations, or understandings, oral or written, pertaining directly or indirectly to the terms of participation that are not contained herein, are hereby waived. This agreement may be modified only if done so in writing, signed by the party against which it is being enforced, CrossFit Spotsy, rules and regulations that are effective upon publication.

Initial:

