

Customer Care Form

Office Use only



First name Surname

e-mail

Emergency contact Number Address

Mobile Number

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PARTICIPATION AUTHORIZATION

The Jazzercise Fitness Program uses dance to challenge the systems of the body, especially the cardiovascular, muscular and skeletal systems. We advise that if you have any physical ailment, are taking medication or are otherwise not in excellent physical condition suitable for strenuous activity, your participation may be injurious to you.

The following questions are designed to alert you to factors which may place you at risk from strenuous exercise. They do not include all physical risks.

IF YOU ANSWER "YES" TO ANY OF THE FOLLOWING, YOU MUST CONSULT YOUR PHYSICIAN BEFORE STARTING THIS PROGRAM.

YES NO

- ☐ ☐ Has a physician ever said you have heart trouble?
- ☐ ☐ Do you often feel faint or have spells of severe dizziness?
- ☐ ☐ Are you over age 50 and not accustomed to vigorous physical exercise?
- ☐ ☐ Have you had surgery in the past 3 months?
- ☐ ☐ Are you overweight (more than 20 pounds)?
- ☐ ☐ Do you have a history of lung problems?

YES NO

- ☐ ☐ Do you feel pain in your chest when you do physical activity?
- ☐ ☐ Do you have bone or joint problems such as arthritis?
- ☐ ☐ In the past month, have you ever had any chest pain?
- ☐ ☐ Are you now or have you been pregnant in the past 3 months?
- ☐ ☐ Do you have a cigarette smoking habit (now or within the past year)?
- ☐ ☐ Do you have high blood pressure, blood cholesterol and/or triglycerides?
- ☐ ☐ Do you take any prescription drugs for blood pressure or heart condition?
- ☐ ☐ Is there any good physical reason not listed here why you should not follow an activity programme?

These questions are designed to help you. Please seriously consider whether any other problem, condition or medication suggests that you should seek medical advice before participating in the exercise program.

I HAVE READ ALL OF THE ABOVE AND DO NOT NEED TO CONSULT MY PHYSICIAN FURTHER:

Initial

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In exchange for permission to participate in a Jazzercise Dance Fitness Class, I hereby enter into the following release and waiver of liability, assumption of risk and indemnity agreement.

I, for myself, my heirs, spouse, executors, administrators, personal representatives and assignees, waive, release, discharge, indemnify, hold harmless and agree not to sue Jazzercise, Inc., its officers, directors, shareholders, employees, agents, landlords, lessees, sponsors, representatives, volunteers, affiliates and franchisees (hereafter the "Released Parties") from, any and all liability, responsibility, damages, losses, claims, demands, actions, suits, judgments, costs and expenses (including attorneys' fees) resulting from personal injury, accidents, illnesses, death and/or property loss caused in any manner, including theft, fire and the simple, active or passive negligence of the Released Parties, by my participation in the Jazzercise Fitness Class.

I acknowledge the Jazzercise Dance Fitness Program is designed, through dance routines, to concentrate on the cardiovascular system, flexibility, balance, coordination, muscle toning and endurance. The routines allow for a warm-up and cool-down period, and students are advised to warm-up and to pace themselves during the course of routines. I acknowledge I have been advised to consult with my physician with respect to any past or present injury, illness, cardiovascular problem, knee problem, or any other condition that may affect my participation and ability to participate in and to endure the exercise programs, and knowingly assume all risks relating to my participation in the Jazzercise Dance Fitness Program.

I acknowledge that I have discussed with my physician the appropriateness of The Jazzercise Dance Fitness Program in connection with any illness or condition that I now have or have previously had and that I knowingly execute this agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law. I have read this agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. This agreement is intended to be as broad and inclusive as permitted by law. If any portion of this agreement is held invalid, the remaining portions will continue in full force and effect.

Signature

Date