

NAPLES



FITNESS

## Client Information Sheet & Medical History

**\*\*We will never share your information.\*\***

Date \_\_\_\_\_

Name (First & Last-Please Print)

\_\_\_\_\_

Email \_\_\_\_\_

Would you like to receive our monthly Naples Fitness email newsletter?

(Studio Discounts, Fitness Tips, NF events, etc.)

Yes / No

Mailing Address

\_\_\_\_\_

Best Contact Phone Number \_\_\_\_\_

DOB \_\_\_\_\_

Emergency Contact Name/Phone Number \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Do you have any injuries (past or present)?

If so, please explain \_\_\_\_\_

\_\_\_\_\_

Are you taking any medications? If so, please list names of medications \_\_\_\_\_

\_\_\_\_\_

Are you seeing a doctor for any reason? If so, please explain \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

NAPLES



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**Assigned Trainer Name (if applicable):**

**Liability Waiver Agreement**

In consideration of being permitted to enter **Naples Fitness at 5542 E. 2nd Street, Long Beach, CA**, for any purpose, including, but not limited to observation, use of facilities, equipment, or participating in any way, the undersigned, \_\_\_\_\_, hereby acknowledges, agrees and represents that they have or immediately upon entering will inspect such premises and facilities. It is further warranted that each entry in **Naples Fitness** for observation, participation or use of any facilities or equipment constitutes an acknowledgement that such premises and all facilities and equipment thereon have been inspected and that the undersigned finds and accepts the same as being safe and reasonably suited for the purposes of such observation or use.

In further consideration of being permitted to enter **Naples Fitness** for any purposes including but not limited to observation, use of facilities, equipment, classes or participation in any way, the undersigned hereby agrees to the following:

The Undersigned hereby releases, waives, discharges and covenants not to sue **Naples Fitness**, its officers, directors, employees, or independent contractors/trainers ( hereafter collectively referred to as ‘releasees’) from all liability to the undersigned for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in the death of the undersigned, whether caused by negligence of the releasees or otherwise, while the undersigned is in, upon, or about the premises or any equipment, therein or participating in any activities which the releasees may hold or sponsor outside of the premises.

The Undersigned hereby agrees to indemnify and save and hold harmless the releasees and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned in, upon or about **Naples Fitness** premises or in any way observing or using any facilities or equipment of Naples Fitness or participating in any activities in or outside of the premises which the releasees may hold or sponsor whether caused by the negligence of the releasees or otherwise.

The Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage whether due to the negligence of releasees or otherwise while in, about or upon the premises of **Naples Fitness** or equipment herein or participating in any activities which the releasees may hold or sponsor outside of the premises.

The Undersigned further agrees that the foregoing Release, Waiver and Indemnity Agreement is intended to be as broad and inclusive as permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding , continue in full legal force and effect.

The Undersigned has read and voluntarily signs the Release and Waiver of Liability and Indemnity Agreement, and further agrees that no oral representation, statements, or inducement apart from the foregoing written agreement have been made.

**Signature of Applicant:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**NF Witness (to be signed by Naples Fitness):** \_\_\_\_\_



### Gym Policies - 5542 E. 2nd Street

We are honored that you have chosen Naples Fitness as the training studio to help you reach your fitness goals! We are a boutique gym that has built a community of trainers and clients based on respect, consideration, teamwork, & cleanliness. Please read through the following gym policies to help us maintain the quality of Naples Fitness.

- **24-hour policy for cancellations or rescheduling is strictly enforced.** **Your trainer should be notified directly.** Your session will be forfeited if not cancelled without at least a 24-hour notice. Please do not leave cancellation/rescheduling messages on the gym answering machine.
- Use of exercise equipment (excluding cardio machines) requires trainer supervision at all times. Clients may not workout on the training floor without a trainer at any time.
- Cardio Machine use is available outside of your scheduled training session. Please be courteous to trainers who are working with clients, as they have priority while in session. Please limit your cardio machine usage to 30 minutes.
- In consideration of the next client, please clean any sweat off of cardio machines after each use. Cleaning spray and paper towels are provided at the front of the gym.
- All parking is located on the streets surrounding Naples Fitness. Please respect the residents of the neighborhood and abide by all parking signs to avoid ticketing and/or towing. These signs are strictly enforced by the city.  
Naples Fitness is not liable for any ticketing/towing/damage to any vehicle.
- No food or drink, except for water, is allowed on the gym floor. Complimentary water and cups are provided.
- Please use cell phones outside.
- Complimentary towel service is provided. Please place towels in hamper at front of gym when finished with your session. To conserve, please limit one towel per session.
- Day Use lockers are provided.
- If you have any questions or concerns, please speak to your trainer or to David Rosett, Owner of Naples Fitness.

**I have read, understand and agree to all gym policies mentioned above.**

X \_\_\_\_\_

Client Signature

\_\_\_\_\_

Date Signed

Print Name \_\_\_\_\_

**Gym Policies - 5542 E. 2nd Street - CLIENT COPY TO KEEP**

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