



4 week HIIT Challenge Registration waiver form

19 November to 14 December 2018

Full Name: _____ Date of Birth: _____

Phone number: _____ Mobile number: _____

Address: _____

Email: _____

Liability Waiver: Please read carefully and sign below

I, the client hereby stipulate that I am physically well and can proceed to perform the outlined exercises for the Aqua Max HIIT Squad at the Napier Aquatic Centre. As the programme involves strength training, cardiovascular exercise and water exercise, I am agreeing that I am ok to perform the activities. I understand that I know my limitations and if there are certain exercises that I cannot perform, I will talk to the trainer and choose an easier option. I agree that the trainers, Napier Aquatic Centre and the Napier City Council are not liable for claims, damages or injuries. I also expressly agree to use equipment correctly and operate it in a safe manner. If I have any questions concerning the exercises and use of equipment, I will talk with the trainers immediately. No change of mind cancellations will be accepted once the programme begins and payment is required before the Programme commences. There is a no refund policy and it is at the discretion of Napier Aquatic Centre administration team whether credits will be given upon sighting a medical certificate due to injury or illness. Booking is not finalised unless this form is signed, handed in and payment is made.

Programme fees for the 4 week HIIT Challenge = \$60

Yes I will attend the Sunday information morning, weigh in and photos. The session will be on Sunday 18th of November. Please come any time between 10am – 12noon to the Pavilion room at the Napier Aquatic Centre.

Please circle yes if you are attending:

Signature: _____ Date: _____