



## 6 week Winter HIIT Programme Registration waiver form

17 May – 26 June 2021

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. The programmed sessions are set and designed to help motivate and improve fitness in a group setting. The sessions are therefore not individualized and it is expected that you are able to perform the majority of the planned movements. 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. Registrations are not transferable between people. Booking is not finalised unless this form is signed, handed in and payment is made prior to the programme starting.

**Fees: \$70** Early bird fee is up to & including Wednesday 12 May or **\$85** after this date.

- Gym sessions – HIIT/Core/Strength
- Aqua based classes
- Open gym use time slots
- Unlimited entry to the pool facility

Once booked, please ask to join our private Facebook group page **Aqua Max HIIT Squad**. Once accepted on to the page you will have access to timetables, support and have a communication portal between yourself and the trainers. A confirmation email will be sent by Friday 14 May with further information before we start.

Please note you will only be accepted on to the page once you are confirmed on our programme. Non-members will not be accepted.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_