



Registration/Waiver With Liz

First Name: _____ Last Name: _____

Phone: _____ email: _____

Emergency Contact: (relationship) _____ Phone: _____

Your first intenSati® class is free. Individual classes are \$7 drop in.
You may also buy a punch card for 10 classes for \$50 (\$5 per class).

Do you wish to receive emails about upcoming classes? Yes No

IntenSati® is a group exercise and physical fitness class. As with all exercise and physical fitness, there is possible risk of injury. If you have prior injury or known limitations, please explain:

It is strongly advised that you obtain a doctor's release before engaging in any exercise program.

ACKNOWLEDGMENT OF RISK AND WAIVER OF LIABILITY:

I, the undersigned, hereby expressly and affirmatively state that I wish to participate in intenSati® fitness class with Liz Towill at Get a Move On studio I realize that my participation in this activity involves risk of injury I hereby expressly assume all of the delineated risk of injury and all other possible risk of injury which could occur by reason of my participating in this intenSati® fitness program that will require physical exertion. I neither have physical limitations, nor am I taking any medications or receiving any medical treatment that might make it unsafe for me to participate in the fitness program. I understand that, by signing this statement, I hereby affirm that I assume all delineated risk of injury which could occur by reason of my participation in this class. I do hereby waive, release, and forever discharge Get a Move On, Liz Towill or any of its owners, agents, or insurers responsible for any bodily injury or property damage that I may suffer as a result of my participation in this intenSati® class.

Participant's Signature: _____ Date: _____

Thank you! Bring a friend next time and you both attend FREE!