



Client Intake Form

Client Name: _____ Employer: _____

Address: _____ City / Prov. / Postal Code: _____

Date of Birth: _____ Male Female Marital Status? Single Married Do you have children? Yes No

Phone: _____ Email: _____

Emergency Phone: _____ Emergency Contact Name/Relationship: _____

How did you hear about us? Word of Mouth Sign\Drive-by Direct Mail Walk-by Other/Referral Name: _____

What are your personal fitness goals? Weight loss Gain muscle Improved health Other: _____

On a scale of 1-10 (10 being most), how serious are you in accomplishing your fitness goals? 1 2 3 4 5 6 7 8 9 10

How often do you currently work out? N/A One time per week 2-3 times per week 4+ times per week

What do you do currently to stay fit? Cardio Weight training Classes (Pilates, Yoga, etc.) Other: _____

Do you have any of the following? Heart conditions High Blood Pressure On medications Diabetes Seizure disorder Joint Pain

Please explain any checked items: _____

Have you been to Orangetheory Fitness before? Yes No If yes, are you a Fitness Program holder at another studio? Yes No

Is there anything else you feel we should know? _____

I (the "Client") voluntarily desire to participate in physical exercise training classes conducted on behalf of UFG Location CA004, OTF Strathcona Inc. (the "Studio") at the studio located at 7911 - 104 Street, Edmonton, AB, T6E 6M6 and understand agree to the following:

- Client agrees to assume full responsibility while voluntarily participating in any training class at the Studio or the Facility at Client's sole risk and discretion. Client shall abide by any rules and regulations for use of the Studio or Facility which may be promulgated from time to time by the Studio.
- Client understands and agrees that there is a risk of injury associated with participation in any exercise program and that there exists the possibility for certain conditions occurring during or following training and/or exercise. These may include, but are not limited to, mild lightheadedness, fainting, abnormalities of blood pressure or heart rate, ineffective heart function in rare instances, heart attack or stroke. The reaction of the cardiovascular system to such activity cannot be predicted without complete accuracy.
- It is strongly recommended that Client receive a medical clearance from his/her private physician prior to starting or participating in an exercise training program. The Studio's training programs are not designed for individuals with known heart disease with or without functional impairment.
- Client has been informed that any fitness program includes possible risks and all exercises shall be undertaken at Client's sole risk and discretion. Client assumes full responsibility for any and all damages, injuries or losses that may be sustained or incur, if any, while participating in any studio exercise program or physical activity. Client hereby waives all claims against the Studio, the Facility, the Studio instructors, officers, directors, employees or agents of either and/or any successor assigns or and all claims, demands, injuries, damages, actions, or causes of action, whatsoever to my person or property arising out of or connected to the services, facilities, exercise classes, or the facility where same is located (including the Studio and/or the Facility, as applicable). Client hereby agrees to indemnify defend, hold harmless, release and discharge the Studio and Facility from all claims, demands, injuries, damage actions causes of action and from all acts of active or passive negligence on the part of the Studio, the Facility, the Studio instructors, their servants, agents, employees, and/or any successors and assigns, whatsoever, for any damages, injuries or losses that may be sustained by the Client arising from or in connection with the activities that Client voluntarily participates, including without limitation, attorney's fees, costs, and expenses of any litigation, arbitration or other proceeding.

24 Hour Cancellation Policy:Orangetheory Fitness enforces a strict 24 hour cancellation policy. If you have reserved your place in an Orangetheory Class and fail to cancel 24 hours in advance you will be charged for the class.

Late Cancel Policy:Orangetheory Fitness enforces a strict Late Cancel Policy. You must arrive 5 minutes prior to your class or you will forfeit your spot and incur the late cancel charge. This ensures your spot in the class.

Dress Code Policy:Orangetheory Fitness wants you to come to class fully prepared for strenuous activity: enclosed running shoes, athletic shorts/pants, athletic t-shirt, towel and water bottle. We reserve the right to refuse you entrance into the studio if you are not properly attired.

Client's Initials:

Cardio GX Pod and Strap Policy

By initialing, I hereby authorize Orangetheory Fitness to charge my credit card on file \$99.00 for the Cardio GX Pod and \$20.00 for the Cardio GX Strap, if the equipment I utilized for Cardio GX training is not returned at the end of the class I was registered for.

I HAVE READ THE ABOVE STATEMENT AND UNDERSTAND AND AGREE TO THE CONDITIONS:

Client's Signature: _____

Date: _____

Parent/Guardian's Signature: _____

Date: _____

(if under age of 18)

(For Office Use Only)

Date	Time	Appt Type	Prescription	PT

