

“Thin to Win” Fitness Gap Challenge 2014

Who: Anyone can be involved, member and non-members

What: An individual lifestyle change to benefit health and fitness.

Where: The Fitness Gap, located in the J.M. McDonald Sports Complex

Why: Lose weight and feel great for 2013

Initial weigh in will be January 2nd from 5:00 pm – 7:00 pm and weekly weigh-ins will be every Wednesday from 5:00 pm – 7:00 pm

Cost: \$50 registration fee for non-members

\$25 registration fee for members

\$85 registration fee for returning members (includes a 3 month membership)



First Name _____ Last Name _____

Address _____

Home Phone () _____ Cell Phone () _____

Email Address _____

Emergency Contact _____ Phone () _____

GENERAL RELEASE AND WAIVER OF LIABILITY

I understand that the above services and activities are supervised, yet I take full responsibility for my actions and physical conditions. I agree to hold The Fitness Gap, it's employees, representatives and the activity leaders, Harold S. White and BillieJo Rought-Urda, harmless for liability, loss (including any personal and or property damage), cost of expenses (including attorney's fee, medical and ambulance cost, etc) that may occur while participating in, or on the premises of The Fitness Gap. In addition the above shall not be held responsible and liable for claims for personal injuries or property damages resulting from or arising out of negligence on the said above.

Signature of Participant _____ Date _____