

This Information is only valid for the Upland Boot Camp

## with **Cathy Gonzalez**

**909-957-2358**

**Congratulations on your choice to get fit and have fun!**

**Here are some important things to remember:**

- Boot Camp meets each day unless told otherwise at Cable Airport.
- Please ALWAYS arrive on time or even a few minutes early!
- Bring your 5 lbs or 8 lbs hand weights, a yoga mat and water each day.
- Be courteous to neighboring homes by not SCREAMING!
- Avoid all four letter words except "Yeah!"
- If you MUST miss a day, let me know before that day arrives! (text or email)
- Give 110% effort!
- If you have an unusual ache or pain, tell me or another instructor immediately. Please Do not show up to camp with an injury!
- You MUST have fun!!!
- Running Shoes are the best shoes for camp. Not cross-trainers or walking shoes!
- Avoid perfumes!
- You must eat something simple & small before class. Bring a snack for your car to keep your blood sugar levels stable

### **Your Boot Camp Adventure Begins**

**Promptly at: 5:30 am - 6:30 am**

**Arrive at least 10 minutes prior to class and begin walking to warm up**

**Location: Cable Airport 13<sup>th</sup> Street Entrance Upland, CA**

Main cross streets are Benson and 13<sup>th</sup>.

- *Turn into Cable Airport from Benson Avenue onto 13<sup>th</sup> Street. Park in the parking lot and follow the orange cones on the left, next the Restrooms to your destination.*

### **Location: Victoria Gardens**

**Promptly at: 8:30 am - 9:30 am**

12505 N Main Street, Rancho Cucamonga

Located between Foothill blvd and Church/ major cross street is Day Creek Blvd

- *Park on the lower level of the **WEST** parking garage located directly behind the food court and in front of the children's playground.*

All attempts will be made to hold the camp outdoors, unless circumstances prevent us. If you think the weather will cause us to cancel class give me a call **909-957-2358**

We are almost always rain or shine!

**REGISTRATION FORM 909-957-2358**

**Are you ready to start your adventure?**

Follow these simple instructions:

1. Please print clearly
2. Bring this information with you to your first day of camp (*This info must be filled out in order for you to participate*)
3. If you have medical issues that you think might preclude you from participating give us a call, prior to your first day, so we can discuss it!

**YES, I'm ready for the Adventure...**

**NOTICE:** It is wise to seek your doctor's advice before beginning any health or fitness program!

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Profession: \_\_\_\_\_

Date of Birth \_\_\_/\_\_\_/\_\_\_

Emergency Contact and phone number \_\_\_\_\_

I'm signing up for the camp beginning on this date \_\_\_/\_\_\_/\_\_\_.

The start time for my camp is \_\_\_ 5:30 AM

This is my first camp \_\_\_ The last camp I attended was \_\_\_

Best # to reach me at (\_\_\_\_) \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_@\_\_\_\_\_ I understand I will be emailed by IEABC \_\_\_\_\_

I rate my current fitness level as a \_\_\_\_\_ (1-10), ten being high.

I was referred by \_\_\_\_\_.

My main goal is to \_\_\_\_\_.

## MEDICAL HISTORY:

1. Are you allergic to any medication (aspirin, penicillin, sulfa, etc.)?
  2. Do you take any prescribed medication on a permanent or semi-permanent basis? If Yes, list \_\_\_\_\_
  3. Do you have a seizure disorder (epilepsy)? Yes No
  4. Do you have diabetes Adult or Juvenile? Yes No
  5. Have you ever been found to be anemic (low blood count)? Yes No
  6. Do you have High Blood Pressure (hypertension)? Yes No
  7. Do you have or have you ever had the following diseases?  
Heart Disease: Yes No  
Lung Disease: Yes No  
Kidney Disease: Yes No  
Liver Disease: Yes No
  8. Do you have asthma? Yes No
  
  9. Have you ever had a severe neck injury? Yes/No Describe:
  
  10. Have you ever been knocked unconscious? Yes/No Describe:
  
  11. Have you had a broken bone or fracture in the past 2 years? Yes/No Describe:
  
  12. Have you ever seriously injured your back? Yes/No  
How often do you experience back pain? Never / Seldom / occasionally / frequently with vigorous exercise or heavy lifting Describe:
  
  13. Have you had knee pain in the past 2 years that has disabled you for longer than a week? Describe:
  
  14. Do you have other physical conditions which cause pain or would preclude you from attending Boot camp? Yes/No If Yes, Please Describe: \_\_\_\_\_
- \*Gentlemen skip questions 15 and 16.
15. Are you pregnant? Yes/No
  16. Did you have a baby within the last 6 months? If so when? \_\_\_\_\_
  17. Detail any surgical procedures:

18. Have you had your body fat tested? If yes, what percent is it?

19. Are you training for a specific event? If yes, explain:

20. What specifically do you want to accomplish during your first camp? \_\_\_\_\_

21. What programs and diets have you participated in, in the past? \_\_\_\_\_

22. Which of those programs worked for you and which didn't? \_\_\_\_\_

23. What are you willing to do different this time? What are you willing to change in order to get the results you are after? \_\_\_\_\_

**Initial the following:**

\_\_\_\_\_ I agree that I will not consume alcohol during the boot camp. Any violation will result in twenty push-ups per occurrence.

\_\_\_\_\_ I agree not to use foul language during boot camp. Violations will result in twenty push-ups per incident

\_\_\_\_\_ I agree not to eat or say the words *Twinkie, Krispy Kreme donuts, frappucinos, french-fries, pizza, ice cream, Slurpies, chocolate bars, chips, pies, pastries, Ho-Ho's, Ding Dongs, or cupcakes* during the course of Boot Camp. Any violation will result in twenty push-ups per occurrence.

\_\_\_\_\_ I agree to show up for Boot Camp every day unless it is an excused absence from my doctor or pre-approved with Boot Camp directors. Any violation will result in twenty push-ups per occurrence.

\_\_\_\_\_ I understand that photos or video *may be taken* during the course of my involvement in Boot Camp, which may be used for promotional purposes. I understand that my "before & after" photos **will not** be used for any promotional purposes unless I give written authorization.

\_\_\_\_\_ **I understand there is no refund policy**, but I can receive a credit (for unused portion of camp) towards a future camp, at Inland Empire Boot Camp's discretion, if I'm not able to complete the one I originally joined. **Camp fees cannot** be used towards any other products or services provided by IEABC, Inc.

\_\_\_\_\_ I will remember to set my alarm and be at camp ON TIME.

# 6 or 12 month Boot Camp option

**If you have chosen a 6 or 12 month Boot Camp option you must fill this form out and bring it with you to your first day of camp along with your medical history questionnaire.**

Congratulations on making a long term commitment to your health and well being! WE here at Fitness Fun Boot Camps are very excited that you have chosen to trust us with your health and fitness needs!

At Fitness Fun Boot Camps we do our best to make our client's Boot Camp experience not only as fun as possible but also as affordable as possible. We understand that not all of our clients wish to pay for their six month or annual membership, in full, in advance and so we have implemented a payment system that will enable you to enjoy all the benefits of Boot Camp with an easy payment plan.

Because you are receiving a discount we need to be very clear that by signing up for this program you are required to hold up your end of the bargain and complete the minimum payments required for the full extent of your contract regardless of whether you remain in camp or stop. \_\_\_\_\_ (initial)

This letter confirms that you \_\_\_\_\_ (print name) understand that you have entered into a contract with Cathy Gonzalez and/or Fitness Fun Boot Camps. and have agreed to pay for a \_\_\_\_\_ month membership in installments. Your credit card will be charged \$\_\_\_\_\_ every 30 days for a (minimum) period of \_\_\_\_\_ months. After which your membership will convert into a month to month membership. **Once your minimum contract requirements have been met you may cancel at anytime with a 30 day written notice** emailed to <mailto:cathylgonzalez@gmail.com> **?subject=billing cancellation**attention: billing.

**Question-** What if something happens and I need to get out of the contract early?

**Answer- Loop Hole!** We will allow you at any point before the contract is over to opt out, by paying the difference between the full priced boot camp membership and your discounted membership for time enrolled. The full price for 1 month of boot camp is \$299 per month. An example would be after two months of being enrolled in boot camp you decide to stop and you have been billed \$198. To get out of the contract you would owe \$400 to be released ( $299 \times 2 = 598$ ).

We look forward to a long and healthy relationship and can't wait to help you get to your goals as quickly and enjoyably as possible!

\_\_\_\_\_ (signature) \_\_\_\_\_ date

# Liability Waiver and Photo Release Form

This release is entered into between the undersigned and Inland Empire Adventure Boot Camp, Inc. The purpose of Inland Empire Adventure Boot Camp, Inc. is to provide health and fitness instruction.

The undersigned hereby acknowledge that the following was explained to them and/or agrees to the following:

1. Acknowledges that Inland Empire Adventure Boot Camp Inc. nor Cathy Gonzalez, nor Molli & Frederick "Tony" Rathstone or the employees and contractors working for either one are not a physician and are not trained in any way to provide medical diagnosis, medical treatment, psychotherapy, or any other type of medical advice.
2. Acknowledges that fitness training is another tool for teaching individuals about themselves, but that Inland Empire Adventure Boot Camp Inc. does not guarantee neither good nor bad will occur nor guarantees the coaching advice given by Inland Empire Adventure Boot Camp Inc. will produce good nor bad results.
3. That I am participating in the Health & Fitness Classes, Programs, or Workshops offered by Inland Empire Adventure Boot Camp Inc. during which I will receive information and instruction about health and fitness. I recognize that fitness programs require physical exertion which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
4. The undersigned acknowledges that Inland Empire Adventure Boot Camp Inc. nor Cathy Gonzalez, or the employees and contractors working for either one may suggest exercise as part of my fitness program/lifestyle management. I further understand that swimming, cycling (on and off road), in-line skating, triathlon, weight training, aerobic classes, martial arts, kick boxing, and any other related sports are an extreme test of one's mental and physical limits and carry with it potential for damage or loss of property, serious injury and death. That the undersigned assumes the risks of participating in these types of events/activities, that they are fit, and they have a regular medical physician they can contact regarding any medical problems that they might develop. The undersigned expressly waive, release, discharge and agree not to sue from any liability of death, disability, personal injury, or action of any kind Inland Empire Adventure Boot Camp Inc. nor Cathy Gonzalez, nor Molli & Frederick "Tony" Rathstone or the employees and contractors working for either one Inland Empire Adventure Boot Camp Inc. nor Molli & Frederick "Tony" Rathstone or the employees and contractors working for either one for the undersigned participating in said sporting events and/or training for said sporting/fitness activities.
5. In consideration of being permitted to participate in the Health & Fitness Classes, Programs, or Workshops, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in the program.
6. In further consideration of being permitted to participate in the Health & Fitness Classes, Programs, or Workshops, I knowingly, voluntarily, and expressly waive any claim I may have against Inland Empire Adventure Boot Camp Inc. for injury or damages that I may sustain as a result of participating in the program.
7. I, my heirs, or legal representatives' forever release, waive, discharge, and covenant not to sue Inland Empire Adventure Boot Camp, Inc. nor Cathy Gonzalez or Molli & Frederick "Tony" Rathstone or the employees and contractors working for either one for any injury or death caused by their negligence or other acts.
8. I understand that is my responsibility to consult with a physician prior to and regarding my participation in the Health & Fitness Classes, Programs, or workshops. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in the Exercise Classes, Health Programs, or Workshops.
9. Photo release: In connection with my participation in the Inland Empire Adventure Boot Camp Inc. Health & Fitness Classes, Programs, or Workshops, I consent to the use of my photograph or other likeness in the promotional and other materials of Inland Empire Adventure Boot Camp Inc. without payment or other consideration made to me.
10. The Undersigned agree that this is the full agreement between all parties and that Inland Empire Adventure Boot Camp Inc. nor Cathy Gonzalez nor Molli & Frederick "Tony" Rathstone or the employees and contractors working for either one nor anyone else has not verbally contradicted any of the terms of this release and that the undersigned has entered into this agreement free and voluntarily without force or coercion.

I have read the above informed consent, waiver of liability, and photo release and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

\_\_\_\_\_  
Signature

Date \_\_\_\_\_

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Parent or Guardians Signature

Date \_\_\_\_\_

\_\_\_\_\_  
Print Name of Parent or Guardian

Take your measurements at home and bring this the first day of camp.

## Body Measurement Chart

**Directions:** Fill out the chart below indicating the dates that you take your body measurements at the beginning of Boot Camp and the end of Boot Camp. All measurements should be recorded to the nearest 1/4 inch. Changes will be + (increase) or - (decrease) in inches or fraction thereof.

Body Part Measured	Beginning of Camp	End of Camp	Change Over Boot Camp
Date Measurements Recorded			
Weight			
Body Fat %			
Body Fat Lost			
Shoulders (largest point)			
Dominant Upper Arm Relaxed (largest point)			
Dominant Upper Arm Flexed (largest point, same as relaxed)			
Chest or Bust (largest point)			
Waist			
Hips at fullest part			
Dominant Thigh (fullest part)			
Dominant calf (fullest part)			

Try to avoid measuring or weighing every day as small changes typically don't show up on the scale or the measuring tape. Your body is changing even if you can't see it yet!