



Small Group Training

6-Week Small Group Training

Oct. 2 – Nov. 11, 2023

Today's Date _____

Member Name _____

E-mail _____ Phone # _____

D.O.B _____ Age _____

PREFERRED TIME & TRAINER

1st choice _____

2nd choice _____

****a FREE T-shirt is earned upon completion of the challenge on Saturday, Nov. 11, 2023**

T-Shirt Size Choose ONE: _____ unisex crew t-shirt or _____ ladies sleeveless muscle tank

☐ S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL ☐ 4XL _____ # additional shirts (\$20 each)

PROGRAM PAYMENT

NO REFUNDS ISSUED ONCE THE TRAINING BEGINS on Oct. 2 _____ **Initial here**

☐ **\$75 Enrollment Fee** or ☐ **\$15 Enrollment Fee** if already a member of Zone30
(payable at time of registration to hold your spot and is non-refundable)

SMALL GROUP TRAINING FEE (choose one):

☐ **\$575 Bring the Heat 6-Week Training Program**

☐ **\$0 I am sponsored!** The following business is paying the program fee & sponsoring me therefore I only pay the registration fee & they will receive promotional benefits & perks as stated in the Firefighter Challenge Sponsorship package level that they chose.

Sponsored by: _____

NOTE: Registration Fee must be paid at time of enrollment. Program Fee must be paid in full before the program begins or put on your membership account to finance by November for a \$10/month finance fee.

Payment Received (office use only)

_____ Check # _____ _____ Cash
_____ C.C. _____ Exp _____ Code _____
_____ Franco's Mbshp Acct (full amount)
_____ Franco's Mbshp Acct/ split payments (Add \$10/month) \$ _____ Sept \$ _____ Oct \$ _____ Nov

BRING THE HEAT PROGRAM RELEASE OF LIABILITY

I _____ hereby accept all risks associated with my participation in **Franco's Bring the Heat Training Program** and release and forever discharge the **Franco's, its employees - including its personal trainers ("TRAINER"), Franco's, and any other officers, agent or volunteers of Franco's ("RELEASEES")** from any and all responsibilities or liability from injuries or damages resulting from or connected with my participation in any of the exercise programs whether arising from the negligence of the RELEASEES or otherwise.

1. I acknowledge and fully understand that I will be engaging in training activities that potentially involve the risk of serious injury, permanent disability or death. Other possible risks may include social and economic losses which might result not only from the RELEASEES own actions, inactions, or negligence, but the actions, inactions, or negligence of others, the condition of the premises or any equipment. Further, that there may be other risks not known or not reasonably foreseeable at this time. I hereby assume full responsibility for all the foregoing risks, known and unknown, and accept responsibility for the damages following any injury, permanent disability, or death.
2. I further acknowledge and understand that Franco's, **its personal trainers and other employees are not licensed medical professional or physicians** and that any information or guidelines provided through the **Franco's Bring the Heat Training Program**, its personal trainers or other employees carries no warranty of any kind, expressed or implied, including, but not limited to, warranties regarding safety or suitability for a particular purpose.
3. **Franco's Bring the Heat Training Program** and its employees will implement the most effective principals to help the participant achieve his or her goals within the TRAINER'S *scope of practice*, but cannot guarantee that its products or workouts will be safe, effective or suitable for everyone. For that reason, all services, programs, techniques and materials embodied in such services, are offered without warranties or guarantees of any kind, expressed or implied, and the TRAINER, Franco's and its employees disclaim any liability, loss or damages that may result.
4. I **understand that a physician's approval is highly recommended prior to participating in this program** and have either obtained a signed approval from my physician or have signed the *Physicians Release Form* if I meet one or more of the following criteria: 1) am male age 45 or older, 2) am female age 55 or older, 3) answered "yes" to one or more questions on the *Health History Questionnaire*.
5. I also acknowledge that some exercise programs might be held outside of Franco's, and hereby accept all risk associated with all offsite exercise programs.
6. I have read this document in its entirety and agree to adhere to all its precepts, as well as all other terms and conditions of **Franco's Bring the Heat Training Program**. I understand the risks and benefits of the program and any questions that I may have had have been answered to my satisfaction. Upon participation, I do hereby discharge, release and hold harmless the TRAINER, Franco's and its employees from any and all liability for damage claims or losses of any kind or character whatsoever resulting from any injury or condition I may suffer, or resulting from my participation except if such damage(s) or injury(s) is primarily the direct result of gross negligence or misconduct of the RELEASEES and not caused in part by my own negligence.

IMAGE RELEASE Franco's Athletic Club, its members and its employees request and hereunder signed agrees to grant all rights to use my name, photo, voice, appearance, and performance to record on or transfer to video tape, film, slides, photographs, audio tape and or other media now known or later developed to be used for broadcast, exhibit, market, sale, or to be otherwise distributed. I (the signee) hereby release Franco's, its members and its employees or vendors from responsibility for any personal injury suffered by me during production.

BY SIGNING THIS AGREEMENT, I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS VOLUNTARY EVENT AND I AM AGREEING TO THE PARTICIPANT AGREEMENT AND RELEASE OF LIABILITY.

Participant's Signature

Date

Participant's Name *(Please print legibly)*



ZONE30

Franco's Zone30

30-minute high intensity heart rate monitored interval training class is a great way to train with a dedicated small group for maximum results!

The Zone30's **STRENGTH, SPEED & ENDURANCE** programming is changed daily so your workout is always varied, motivating, fun & challenging!

Register for your spot on the Franco's app or on your online membership portal.
Wear a compatible (ANT+) heart rate monitor or purchased at Franco's for \$49.

5:15am - 5:45am

Monday, Wednesday, Friday

6:00am - 6:30am

Monday, Wednesday, Friday

8:15am - 8:45am

Monday - Thursday

9:00am - 9:30am

Monday - Friday

6:30pm - 7:00pm

Monday - Thursday

Zone30 is INCLUDED in the Bring the Heat Firefighter Challenge Training!

What other times would you request and commit to attending a Zone class opposite your Small Group Training Day?
