

Be-More Training, LLC
Look Better, Feel Better, Be-More
8019 Belair rd, Suite 12
Baltimore, MD, 21236

Office Notes:

Name: _____ Phone: _____ DOB: _____
Address: _____ City: _____ Zip: _____
Email: _____ T- Shirt Size: _____
How did you hear about us? _____

I, the undersigned, acknowledge that I am applying for instruction in strenuous exercise and/or self defense involving personal body contact. I understand that because of this, there is always an inherent risk of injury that cannot be eliminated. As a condition, I assume the risk of all injuries and property damage, and do hereby hold the Be-More Training, LLC, it's members and agents harmless from any and all liability (including attorney's fees) for all claims, actions or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving exercise or self defense or any variation thereof, whether occurring on the premises of the Be-More Training, LLC, Art & Strength, or elsewhere, excepting only those claims, actions or damages caused by the gross negligence or intentional act or omission of any of them.

For the benefit of the education and training and of the safety of myself and others, I will strictly follow the rules as instructed. Should I break these rules, I understand that it is at the discretion of the Head Trainer whether or not I may continue training. I will abide by his/her decision.

I understand that any nutritional information or lifestyle changes presented to me, is for recommendation only and I should consult with my physician before making any adjustments to my diet or way of living.

Name: _____ **Signature:** _____ **Date:** _____

If the applicant is under 18 years of age:

I, the undersigned, as a parent or guardian of the above applicant, certify that I have read the above contract and I consent to the applicant's receiving instruction for, and agree to the provision of the contract for myself and said applicant.

Name: _____ **Signature:** _____ **Date:** _____

In case of emergency, contact:

Name: _____ **Phone:** _____