

Junior Fitness Certification

CHOOSE ONE CLASS TIME - classes are offered every 2nd Sunday and 4th Saturday of the month from 12:00 - 2:00pm. Free to members only.

There will be a \$25 fee for individual sessions set up outside of regular class times. Must cancel 24 hours prior to class time or you will be subject to a \$10 cancellation fee.

This program helps kids aged 11-15 get ready for the fitness floor and cardio equipment. Through classroom sessions and hands-on training, they'll learn basic aerobic and resistance training principles, exercise etiquette, safety, nutrition, proper equipment use, and many other topics. Upon completing the Junior Fitness Certification, participants will be certified to use all the equipment in the club (excluding free weights) and can work out without a parent present for up to two hours.

Participants must complete one full session for certification. Students are required to wear a mask. Registration closes by 5 p.m. the Thursday before the class date.

Contact Michele Engle at mengle@merrittclubs.com or 410.549.8855 for more information.

Name How did you hear about this program?

Address

City/State/Zip

Home Phone # Cell Phone #

Email

The undersigned as or on behalf of the participant (the "Participant") in the subject program (the "Program") acknowledges and accepts the risks inherent in the use of the Merritt Clubs' facilities and participation in the Program and assumes the sole risk of injury, accident, death, loss, cost or damage to person or property that might arise therefrom, including those arising in connection with any pre-existing physical condition or impairment. The Participant agrees to abide by all policies and procedures of Merritt Clubs, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

The Participant hereby grants Merritt Clubs, its instructors, employees, servants, and agents (collectively, "Merritt") the right to make photographs, audio recordings, videotape, or other electronic reproductions of the Participant's image, voice or likeness during or in connection with the Program and authorizes Merritt to use the Participant's image, voice, and likeness in drawings, photographs, videotapes, sound recordings, motion pictures or other media materials (collectively, "media materials") for promotional purposes, research, publicity or other purposes deemed appropriate by Merritt. The Participant hereby waives any right to inspect or approve any media materials that Merritt may eventually use containing the Participant's image, likeness or voice. The undersigned hereby acknowledges and agrees that all media materials are the property of the Merritt, including any copyright therein, and that the Participant may or may not be included in whatever credits are associated with the media materials.

The undersigned, individually and on behalf of the Participant and his or her heirs, personal representatives, executors, representatives and assigns, hereby releases and discharges Merritt from all claims, demands, injuries, damages, costs, expenses, liabilities, actions or causes of action whatsoever to the Participant's person or property or otherwise incurred by the Participant arising out of or in connection with (a) the use of the Merritt Clubs' facilities and participation in the Program or (b) arising from acts of active or passive negligence on the part of the Merritt or (c) the making of and release of media materials or any information concerning the media materials.

Signature Date

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