



## PANTHER GYM SIGN-UP FORM

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_

CELL-PHONE: \_\_\_\_\_ BUSINESS: \_\_\_\_\_

MEMBERSHIP EXPIRY DATE: \_\_\_\_\_ PAID\$ \_\_\_\_\_

### WAIVER AND RESPONSIBILITIES

I accept all liabilities and responsibility for myself and my personal belongings at Panther Gym. I fully understand that Boxing, Kickboxing, Karate and Mixed Martial Arts are contact sports and that there is a risk to myself that physical injury may occur from time to time resulting from class activity. I acknowledge that I fully understand the nature of that risk and with full understanding and without reservations, release and discharge Panther Gym, its members, volunteers and employees from any and all liability which may occur as a result of training, instruction and /or sparring.

#### INFORMATION AND RULES :

- swipe your card when entering the gym
- remove outdoor footwear - Only indoor shoes are allowed in the gym
- **NO PARKING IN THE VET'S PARKING LOT**
- gloves are supplied for your 1<sup>st</sup> class after that you must purchase your own
- put all weights away after use
- wipe down your equipment before and after use
- locker rentals - \$5/month for ½ or \$10/month for full
- locker use is free while in the gym but lock is to be removed when your workout is finished or we will remove it
- co-ed sauna ( appropriate attire please)
- keep shirt on at all times for sanitary reasons
- **RESPECT FACILITY AND OTHERS.**

I HAVE READ THE ABOVE AND UNDERSTAND IT AND AGREE TO IT.

MEMBER SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_