

Elite Health & Fitness Training, Inc.
Client Portfolio- Yoga

Personal Contact Information

Name: _____ Date: _____

Age: _____ DOB: _____

Street Address: _____

City: _____ State: _____ ZIP Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Fax: _____

E-Mail for yoga class updates only (Please Print Clearly): _____

How often do you check your email? Daily Every couple days Weekly Rarely

Billing Information– Please select a billing option below

Laurel Creek C.C. members must bill their club account number: _____

I am not a Laurel Creek C.C. Member: _____

● What is the name of the member you are a guest of: _____

● Bill me monthly for the yoga classes I participate in at L.C.C.C. : _____

Can we send you your monthly invoice via email rather than through US Mail? Yes No

-OR-

Bill the following Laurel Creek C.C. member's club account number: _____

L.C.C.C. member's signature approving billing to their account: _____

Emergency Contact Information

Name: _____ Relation: _____

Telephone: (Day) _____ (Evening) _____

How did you find out about Laurel Creek Country Club's Yoga Classes?

Elite Health & Fitness Training, Inc.

Agreement of release and waiver of liability

I, _____, hereby agree to the following:

1. I am participating in the health & fitness classes, programs and/or workshops offered by Elite Health & Fitness Training, Inc., during which I will receive information and instructions about health & fitness. I recognize that fitness programs require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the health & fitness classes, programs and/or workshops. I represent and warrant that I am physically fit and I have no medical condition(s), which would prevent my full participation in the health & fitness classes, programs and/or workshops offered by Elite Health & Fitness Training, Inc.
3. In consideration of being permitted to participate in the health & fitness classes, programs and/or workshops, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I may incur as a result of participation.
4. In further consideration of being permitted to participate in the health & fitness classes, programs and/or workshops, I knowingly, voluntarily and expressly waive any claim I may have against Elite Health & Fitness Training, Inc. for any injuries or damages that I may sustain as a result of participation.

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

Signature of participant: _____

Date: _____

OR

As legal guardian of (Please Print), _____, I consent to the above terms and conditions.

Date: _____

Signature of parent/guardian of participant: _____



Yoga Class Pricing

Laurel Creek Country Club Classes

\$12.00 per class per person for L.C.C.C. Members*
\$15.00 per class per person for Non-L.C.C.C. Members

*Classes taken at L.C.C.C. will be billed directly to your club account for all L.C.C.C. Members

**Classes taken at L.C.C.C. by Non-L.C.C.C. Members will be billed monthly to your home.

Private In-Home Classes**

One-On-One Private Yoga Class: \$55.00
2 Person Private Yoga Class: \$36.00 per person
3 Person Private Yoga Class: \$28.00 per person
4 Person Private Yoga Class: \$23.00 per person
5+ Person Private Yoga Class: \$20.00 per person

*Private In-Home classes will be billed monthly by Elite Health & Fitness Training

Yoga Equipment Price List

Tapas® Yoga Mat: \$20.00

4" Yoga Block: \$12.00

6' Stretching Strap: \$8.00

Please Make Yoga Equipment Checks Payable To: "Scott Shelley"

Thank You!