

## How do I sign up?

### BRING OR MAIL REGISTRATION FEE TO:

First Baptist Church Smyrna  
1275 Church Street  
Smyrna, GA 30082

On-Line Registration will be available in May 2008.

Participants may drop off their form and registration fee at the **Church Office** anytime between **8:00 am** and **5:00 pm**, Monday through Friday.

### REGISTRATION INFORMATION:

- Step 1 Fill out registration form and sign release waiver.  
Step 2 Sign Fitness Evaluation form.  
Step 3 Send check to Church office or bring to class.

What you need to bring:

- Yoga/Pilates Mat (FBCS mats available)  
 Great Attitude

FBCS Members \$25.00 per month  
Non-FBCS Members \$30.00 per month

### CLASS SCHEDULE:

Monday:

9:30 am Yoga  
6:00 pm Yoga

Wednesday:

9:30 am Cardio/Core

Thursday:

6:00 pm Cardio Kick Boxing

Friday:

9:30 am Pilates

### FOR MORE INFORMATION:

Call 770-435-3231

## First Baptist of Smyrna Fitness Class Registration Form

### PARTICIPANT INFORMATION:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: / / \_\_\_\_\_

Church Name: \_\_\_\_\_

Medical Problems or Allergies:  
\_\_\_\_\_  
\_\_\_\_\_

### Which classes are you most interested in attending (circle):

Monday AM PM  
Wednesday AM  
Thursday AM PM  
Friday AM  
OTHER:

### EMERGENCY CONTACT INFORMATION:

Emergency Contact:  
Work Phone#:  
Cell#:  
Home#:

PAYMENT INFO: TYPE: \_\_\_\_\_ AMT: \_\_\_\_\_

### RELEASE AND WAIVER

In consideration of being permitted to participate in certain recreational fitness activities, including, but not limited to intensive aerobic and resistance training, (the "Activities"), conducted at *FIRST BAPTIST CHURCH of SMYRNA* (the "Premises"), which Activities the Releasor acknowledge as being inherently dangerous, each Releasor, on his or her own behalf and on behalf of his or her personal representatives, assigns, heirs, and next of kin, releases, waives, and discharges First Baptist Church of Smyrna., its officers, directors, shareholders, employees and/or independent contractors, (together, referred to as "Releasees"), from any and all liability to the Releasor, and his or her personal representatives, assigns, heirs and next of kin for any and all losses, claims, damages, actions or right of action of any kind or nature, either in law or in equity, on account of or arising from any bodily injury, known or unknown, or death of Releasor and/or any injury to the property of the Releasor which may occur as a result of participation in the Activities, unless caused by the gross negligence or wanton misconduct of Releasees while the Releasor is participating in the Activities. Releasor agrees to indemnify the Releasees from any loss, liability, damage, claim or cost Releasees may incur due to the presence of Releasor in or on the Premises, unless caused by the gross negligence or wanton misconduct of the Releasees. Releasor assumes full responsibility for and risk of bodily injury, death or property damage while in or on the Premises, and/or while participating in the Activities. Releasor expressly agrees that this Release is intended to be as broad and inclusive as permitted by the laws of the State of Georgia, and that if any portion of the Release is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. Releasor further releases the Releasees from any claim on account of first aid, treatment or service rendered to him or her during participation in the Activities. This Release contains the entire agreement between the parties hereof and the terms of this Release are contractual and not a mere recital. Releasor further states that he or she has carefully read the above Release and knows the contents of the Release and signs this Release as his or her own free act.

On the date set forth above, the undersigned Releasor have executed this Release.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

