

1. In addition to this form, Client will be required to sign and return the following forms to The GYM prior to participating in the Mountain Challenge program:
  - a. Physical Activity Readiness Questionnaire (PAR-Q)
  - b. Waiver, Release, and Assumption of Risk Form
  - c. Registration Form
  
2. If you have any of the following physical conditions, you are required to have a Medical Clearance and Physician's Consent Form:
  - a. Hypertension (>145/95 mm Hg)
  - b. Hyperlipidemia (cholesterol >220 mg/dl or a total cholesterol-to-HDL ratio of >5.0)
  - c. Diabetes
  - d. Family history of heart disease prior to age 60
  - e. Smoking
  - f. Abnormal resting EKG
  - g. Any other condition that The GYM in its sole discretion may deem to present an unreasonable risk to your health, were you to participate in a fitness evaluation or program.

**Client's Initials** \_\_\_\_\_

3. Rates for The GYM's Mountain Challenge are subject to change. Services prepaid for by Client, which are unused at the time of any rate change, will be honoured at the price already paid.
  
4. In order to provide the best possible service to all Clients, The GYM asks that all Clients be ready to begin their session at the scheduled time. Time lost at the beginning of a session due to a Client's tardiness cannot be made up at the end of the session as that could potentially impact the next scheduled session. Unless prior arrangements have been made, no refunds or credits will be given for "no-shows".
  
5. Regarding cancellations:
  - a. All qualifying cancellations will result in a credit being given which can be applied to any future Mountain Challenge retreats.
  - b. All qualifying cancellations must be made 45 days prior to session in order to receive full credit for that session. Cancellations must be made by calling 250-490-0901 or by email: [nickatthegym@hotmail.com](mailto:nickatthegym@hotmail.com).
  - c. If The GYM's Mountain Challenge needs to be cancelled, Clients will receive full credit for such-session.

**Client's Initials** \_\_\_\_\_

6. A 50% deposit is due at the time of registration. The GYM accepts cash, check or credit card (Visa and MasterCard).
7. Clients are required to observe any and all rules of the parks, gym or facilities where sessions take place.
8. Shirts, shoes and other necessary outdoor fitness wear are required at all times during sessions. Client should also have water available as necessary during the workout.
9. Clients have the right to terminate a particular exercise or session at any time. If an exercise is uncomfortable or painful, or if you want to stop for any reason, you may do so.
10. The GYM respects your privacy. Due to the nature of our services, it is necessary to collect certain personal information from Clients. All information collected is treated as STRICTLY CONFIDENTIAL, and The GYM will not share or redistribute your information with any third party except as necessary to provide services purchased by the Client, or as required by law. Any information gathered from a Client is simply for our records and, if applicable, necessary to provide the services to the Client for which we have been contracted.
11. All Terms and Conditions are subject to change. The most current version of these Terms, Conditions, and Policies will be posted on [www.thegymmountainchallenge.com](http://www.thegymmountainchallenge.com)

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Participant's signature

Date

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Please print name

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Parent or legal guardian (if participant is under age eighteen)

Date

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Please print name