



# PANTHER GYM SIGN-UP FORM

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

EMAIL: \_\_\_\_\_ PHONE/CELL: \_\_\_\_\_

MEMBERSHIP EXPIRY DATE: \_\_\_\_\_ AMOUNT 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:

- **NO PARKING IN THE VET'S PARKING LOT - YOU WILL BE TOWED**
- SWIPE YOUR KEY TAG WHEN ENTERING THE GYM
- REMOVE OUTDOOR FOOTWEAR - ONLY INDOOR SHOES ALLOWED IN GYM
- PUT ALL WEIGHTS AWAY AFTER USE
- WIPE DOWN EQUIPMENT BEFORE AND AFTER USE
- LOCKER RENTALS - \$15/MONTH FOR ½ OR \$20/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 AT ALL TIMES PLEASE)
- KEEP SHIRT ON AT ALL TIMES FOR SANITARY REASONS
- MEMBERSHIPS ARE TRANFERABLE, NO FREEZING ALLOWED UNLESS MEDICAL WITH NOTE PROVIDED
- **RESPECT THE FACILITY AND ITS MEMBERS**
- **PANTHER GYM SENDS OUT EMAIL NOTIFICATIONS REGARDING UPCOMING PROGRAMS, EVENTS AND SPECIALS. WOULD YOU LIKE TO BE NOTIFIED:**  
YES \_\_\_ NO \_\_\_

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

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

DATE: \_\_\_\_\_

