

Flex at the Plex

FITNESS BOOT CAMP



For **Women & Men** Ages **18+**

Increases Strength, Endurance, Core Stability & Resting Metabolic Rate!
AND Decreases Body Fat % !



Start Date: **Ongoing**

Price: **\$10 per session**

Time: **6 am - 7 am**

Days: **Mon, Wed, Fri**

Required: **8-10 lb. dumbbells & mat**

Sessions are
1 Hour Long,
Indoors & Outdoors!
depending on weather

12-15 Participants
per class

For more information: Call **301-528-1480** or Visit www.mdsoccerplex.org

Top half for customer, mail or fax bottom half (if faxing, be sure to fax front and back)

I am signing up for: **12 Sessions (\$120)** or **1 Walk-In Session (\$10)**

Please Print Clearly!

Name: _____ Birth Date: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email (Mandatory): _____

Payment Information

Payment: \$10 per session. The payment for 12 sessions includes all appropriate fees, tax and a \$25 non-refundable administrative fee. **Amount Paid: \$** _____

CC: Visa or MasterCard - Card #: _____ Exp. Date: _____ V-Code (3-digit # on back): _____

Signature of Card Holder: _____ Zip Code: _____

Check: Make payable to Discovery Sports Center. Check #: _____

Cash: Must be paid in person.

Refund Policy: \$25 non-refundable administration fee.

Flex at the Plex • Registration Form & Consent/Liability Waiver

Mail to: Discovery Sports Center, 18031 Central Park Circle, Boyds, MD 20841

Phone: 301.528.1480 • **Fax:** 301.540.4276

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for more information and online registration!

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Consent and Liability Waiver - Release of all claims

As lawful consideration for being permitted to participate in the Discovery Sports Center Indoor League, Program, Camp, Clinic or any other activity at or through the Maryland Soccer Foundation, Discovery Sports Center or Maryland SoccerPlex. I agree that I will not make a claim against, sue, attach the property of or prosecute Maryland Soccer Foundation, Discovery Sports Center, Maryland SoccerPlex and their agents, sponsors, building contractors, suppliers, and employees for damages for death, personal injury or property damage which I may sustain as a result of my participation in these sporting activities. This release is intended to discharge in advance Maryland Soccer Foundation, Discovery Sports Center, Maryland SoccerPlex and their agents, sponsors, building contractors, suppliers, and employees from and against any and all liability, including for negligent actions, arising out of or connected in any way with my participation in the sports league, program, camp, clinic or any other activity except for liability that may arise out of the willful or wanton misconduct of Maryland Soccer Foundation, Discovery Sports Center, Maryland SoccerPlex and their agents, sponsors and employees. I FURTHER UNDERSTAND THAT SPORTS INVOLVE PHYSICAL CONTACT BETWEEN PLAYERS, THAT SERIOUS ACCIDENTS OCCASIONALLY OCCUR DURING SUCH SPORTING ACTIVITIES, AND THAT PARTICIPANTS IN SUCH SPORTING ACTIVITIES OCCASIONALLY SUSTAIN SERIOUS PERSONAL INJURIES (INCLUDING DEATH) AND/OR PROPERTY DAMAGE, AS A CONSEQUENCE THEREOF. KNOWING THE RISKS OF PARTICIPATION, NEVERTHELESS, I HEREBY AGREE TO ASSUME THOSE RISKS AND RELEASE AND HOLD HARMLESS MARYLAND SOCCER FOUNDATION, DISCOVERY SPORTS CENTER, MARYLAND SOCCERPLEX AND THEIR AGENTS, SPONSORS AND EMPLOYEES WHO (THROUGH NEGLIGENCE OR CARELESSNESS) MIGHT OTHERWISE BE LIABLE TO ME (OR MY HEIRS OR ASSIGNS) FOR DAMAGES.

I attest that I am eighteen (18) years old or older, am physically fit and has no known medical conditions which prohibit participation in this sport. I agree to follow all laws, rules and guidelines regulating the conduct of the league, camp or clinic. I understand and agree that I am solely responsible for the mechanical and/or operating condition of any and all sporting equipment I use, and I agree to continuously inspect and maintain all equipment used, even if I have obtained any of the equipment from Maryland Soccer Foundation, Discovery Sports Center, Maryland SoccerPlex, their agents, sponsors and/or employees.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND MARYLAND SOCCER FOUNDATION, DISCOVERY SPORTS CENTER, MARYLAND SOCCERPLEX AND THEIR AGENTS, SPONSORS AND EMPLOYEES, AND I HAVE SIGNED IT OF MY OWN FREE WILL.

I also agree that Maryland Soccer Foundation, Discovery Sports Center, Maryland SoccerPlex and their agents, sponsors and employees may use my photograph in future promotions.

Signature: _____ **Print Name:** _____ **Date:** _____