

# **BODY BLITZ BOOT CAMP TERMS & CONDITIONS**

## ***Bookings / Cancellations***

- All Body Blitz Boot Camps must be paid for in full at the time of confirming your spot.
- Once your chosen Body Blitz Boot Camp begins, there will be no refunds or credits offered to you if you decide to depart the camp early or do not attend some of the training sessions.

## ***Fitness & Health***

- If you have a pre-existing medical condition, you are strongly advised to seek your medical practitioner's advice before your first training session.
- If you have a pre-existing medical condition or injury you must make your Body Blitz Boot Camp instructors aware of it so that we at High Country Fitness can best suit the training sessions to your individual needs.
- Remember that this camp is for you to achieve your goals in the best and safest way possible!
- Remember you do not need to be of a certain fitness level to partake in the Body Blitz Boot Camp, however, you need to be willing to give it your all and push yourself to the limit.  
You must come to each training session with a commitment to improving your health and fitness!

## ***Punctuality***

Please make adequate travel arrangements and time allowance each day to ensure you arrive at your Body Blitz Boot Camp session on time.  
If you are late for whatever reason, your session will start without you.

## ***Safety***

- You must comply with the safety regulations and instructions of your instructors at all times.

## ***Responsibility***

- High Country Fitness can not be held responsible for:
  - Any injury or illness you suffer as a result of any on-going medical condition or a poor standard of health or fitness.
  - Any medical condition, injury or illness that you sustain during any training session at Body Blitz Boot Camp.
  - Any damage to or loss of your personal property during any training session.

### ***Indemnity***

- You agree to indemnify and hold harmless High Country Fitness and all its employees from any and all direct or indirect losses that you may suffer as a result of attending the Body Blitz Boot Camp.

### ***Agreement***

- Please read these terms & conditions carefully before signing. You must accept and agree to these terms & conditions at time of booking your Body Blitz Boot Camp.

### ***My Body Blitz Boot Camp***

My Body Blitz Boot Camp of choice is: (please tick in correct box)

*Body Blitz Boot Camp 6*  
*31<sup>st</sup> October - 19<sup>th</sup> December 2009 (7 weeks)*  
*\$398*

*Body Blitz Boot Camp 7*  
*13<sup>th</sup> February - 3<sup>rd</sup> April 2010 (7 weeks)*  
*\$398*

*If choosing to participate in both Body Blitz Boot Camps 6 and 7 you will be given the special price of \$720. (A saving of \$76)*

If given a choice for my surprise gift, I would choose (please tick):

A T-Shirt  
Size \_\_\_\_\_

A Cap

Name of participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of participant: \_\_\_\_\_

Signature of Staff: \_\_\_\_\_ Date: \_\_\_\_\_

***Now lets get to it.....***

***We are going to get serious results***

***Whilst having serious fun!!!***