



REGISTRATION TERM 1 2019

Outdoor Fitness for All Fitness Levels

*Tone and shape your body, develop your core strength and posture, Advance your fitness, health and energy, Increase self-confidence
Permanently change your lifestyle*

Name:	Surname:	D.O.B:
Address:		
HM:	M:	W:
Email:		

“YOUR” Fitness Specialist training essentials if running low order another so you’re never without on boot camp day

I would like to purchase: ✓	Black	Qty	White	Qty	Blue	Qty	Size	Total
T-shirt \$20.00					Not Available			
Singlet \$20.00					Not Available			
Jumper \$50.00			Not Available					

#beginner boot campers please include T-shirt size, included in your beginner pack.

I would like to register for the following session /s (please Tick)

Day	Class	Time	Location	Duration	Dates	✓
Monday	Cardio+Strength	5:30pm	Lake Ginninderra	10 weeks	4 th February-8 th April	
Monday	Physio Pilates	6:00pm	Lake Ginninderra	10 weeks	4 th February-8 th April	
Tuesday	Cardio+Strength	6:00am	Lake Ginninderra	10 weeks	5 th February-9 th April	
Wednesday	Physio Pilates	6:00am	Lake Ginninderra	10 weeks	6 th February-10 th April	
Thursday	Cardio+Strength	6:00am	Lake Ginninderra	10 weeks	7 th February-11 th April	
Thursday	Cardio+Strength	4:15pm	Lake Ginninderra	10 weeks	7 th February-11 th April	
Friday	Running Group	6:00am	Lake Ginninderra	10 weeks	8 th February-12 th April	
Saturday	Cardio+Strength	6:05am	Evatt	10 weeks	9 th February-13 th April	
Sunday	Running Group	8:00am	Lake Ginninderra	10 weeks	10 th February-14 th April	
Sunday	Cardio+Strength	4:15pm	Lake Ginninderra	10 weeks	10 th February-14 th April	

Payment is required PRIOR to commencement of boot camp: Cash or direct debit

Account details: Kristen M Smith St George Bank **Account no.** 063800304 **BSB:** 112-908

Lessons are **not** transferable or refundable. **LATE** payments will incur an additional 5% fee per week.

Lessons missed can be made up **ONLY** within the current registered 10 week term or current registered holiday program.

www.yourfitnessspecialist.com.au

“LIKE” Your Fitness Specialist on Facebook and join the Your Fitness Specialist FB Page



YFS “**BEGINNER**” Outdoor Fitness

PRICE LIST 2019

BEGINNER Description: Participants starting their first 10 week term with YFS or returning after a 2 term break.

Beginner Fitness Package

\$170.00

- 10 Fitness Lessons (1 lesson per week)
- Fitness Testing First and Last Lesson
- Technique analysis
- YFS Training Shirt
- YFS Sports Drink Bottle
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops
- Recipe booklet

Beginner Enthusiast Fitness Package

\$300.00

- 20 Fitness Lessons (2 lessons per week)
- Fitness Testing First and Last Lesson
- Technique analysis
- YFS Training Shirt
- YFS Sports Drink Bottle
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops
- Recipe booklet

Beginner I LOVE Fitness Package

\$430.00

- 30 Fitness Lessons (3 lessons per week)
- Fitness Testing First and Last Lesson
- Technique analysis
- YFS Training Shirt
- YFS Sports Drink Bottle
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops
- Recipe booklet
- **Join YFS Running Group for the Special Price of ONLY an additional \$100.00.** This includes 1 scheduled running group session with the YFS running group for 10 weeks, plus running technique analysis and Physiotherapy Pilates within the session to improve YOUR running (Value \$300.00)



Beginner HARD CORE Fitness Package

\$560.00

- 40 Fitness Lessons (4 lessons per week VALUE \$560)
- Fitness Testing First and Last Lesson
- Technique analysis
- YFS Training Shirt
- YFS Sports Drink Bottle
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops
- Recipe booklet
- **Join YFS Running Group for the Special Price of ONLY an additional \$100.00.** This includes 1 scheduled running group session with the YFS running group for 10 weeks, plus running technique analysis and Physiotherapy Pilates within the session to improve YOUR running (Value \$300.00)



YFS “BEGINNER” RUNNING GROUP Package

PRICE LIST 2019

BEGINNER Description: Participants starting their first 10 week term with YFS or returning after a 2 term break.

Beginner Running Group Package

\$170.00

- 10 running sessions (1 lesson per week)
- Fitness Testing First and Last Lesson
- Physiotherapy Pilates within the session to improve running technique
- Running technique analysis and advice
- YFS Training Shirt
- YFS Sports Drink Bottle
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops
- Recipe booklet

Beginner Enthusiast Running Group Package

\$300.00

- 20 running sessions (2 lessons per week)
- Fitness Testing First and Last Lesson
- Physiotherapy Pilates within the session to improve running technique
- Running technique analysis and advice
- YFS Boot Camp T-Shirt
- YFS Sports Drink Bottle
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops
- Recipe booklet



YFS "BEGINNER" Pilates GROUP Package

PRICE LIST 2019

BEGINNER Description: Participants starting their first 10 week term with YFS or returning after a 2 term break.

Beginner YFS Physiotherapy Pilates:

\$190.00

- 10 Pilates sessions (1 per week for 10 weeks)
- YFS Pilates T-Shirt
- YFS Pilates Drink Bottle
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops
- Recipe booklet

Beginner YFS Physiotherapy Pilates:

\$340.00

- 20 Pilates sessions (2 lessons per week)
- YFS Pilates T-Shirt
- YFS Pilates Drink Bottle
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops
- Recipe booklet



YFS “CONTINUING” Outdoor Fitness

PRICE LIST 2019

CONTINUING Description: Participants who have previously participated in a 10 week boot camp term and are registering for the next consecutive 10 week boot camp term or who have had a break for one term ONLY.

Continuing Fitness Package

\$130.00

- 10 Fitness Lessons
- Fitness Testing First and Last Lesson
- Technique analysis
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops

Continuing Fitness Enthusiast Package

\$260.00

- 20 Fitness Lessons (2 Lessons per week)
- Fitness Testing First and Last Lesson
- Technique analysis
- Complimentary Attendance to physiotherapy workshops

Continuing I LOVE Fitness Package

\$390.00 Add \$100.00 to include 1 running session

- 30 Fitness Lessons
- Fitness Testing First and Last Lesson
- Technique analysis
- **Join YFS Running Group for the Special Price of ONLY an additional \$100.00.** This includes 1 scheduled running group session with the YFS running group for 10 weeks, analysis of running technique and Physiotherapy Pilates within running group sessions, to improve YOUR running efficiency (Value \$300.00)
- Health and Fitness Articles emailed during term
- Complimentary Attendance to Physiotherapy workshops

Continuing HARD CORE Fitness Package \$520.00 add \$100.00 to include 1 running session

- 40 Fitness Lessons
- Fitness Testing First and Last session
- Technique analysis
- **Join YFS Running Group for the Special Price of ONLY an additional \$100.00.** This includes 1 scheduled running group session with the YFS running group for 10 weeks, analysis of running technique and Physiotherapy Pilates within running group sessions, to improve YOUR running efficiency (Value \$300.00)
- Health and Fitness Articles emailed during term
- Complimentary Attendance to Physiotherapy workshops



YFS “CONTINUING” RUNNING GROUP Package
PRICE LIST 2019

YFS Running Group :

\$130.00

- 10 running sessions (1 session per week)
- Physiotherapy Pilates within the session to improve running technique
- Running technique analysis and advice
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops

Continuing YFS Running Group:

\$260.00

- 20 running sessions (2 sessions per week)
- Physiotherapy Pilates within the session to improve running technique
- Running technique analysis and advice
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops



YFS “CONTINUING” Pilates GROUP Package
PRICE LIST 2019

Continuing YFS Physiotherapy Pilates:

\$150.00

- 10 Pilates sessions (1 session per week)
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops

Continuing YFS Physiotherapy Pilates:

\$300.00

- 20 Pilates sessions (2 sessions per week)
- Health and Fitness Articles emailed during term
- Complimentary Attendance to physiotherapy workshops



YFS Physiotherapy Appointments or Personal Training or Rehabilitation

YFS Physiotherapy Consults:

Appointment Duration (Can claim through Private Health Fund and Medicare):

Initial Assessment 60min	\$100 visit YOUR Physio	Physio to YOUR home \$110
Follow up 40min	\$95 visit YOUR Physio	Physio to YOUR home \$100
Follow up 30min	\$85 visit YOUR Physio	Physio to YOUR home \$95

YFS Physiotherapy Personal Training or Rehabilitation

1:1 \$950 paying for a Block of 10 lessons

1:1 \$100 paying per lesson per week.



12 Week Meal Plans

Special Price for all Participants

\$120.00

Package includes:

- 12-Week Healthy Choices Meal Plan (value \$280.00)
- Weekly Shopping Lists
- Over 70 Recipes to choose from
- Professional advice regarding the appropriate Energy Level category for each participant based on daily activity
- Weigh-in, measurements and coffee meetings for ongoing support during the 12 weeks
- Online support for questions, concerns and group / individual motivation for challenging times
- Nutrition and Health information, facts and tips to keep you up to date with the latest information and trends
- A list of Gluten Free products for convenience when shopping at major supermarkets
- A list of 83 healthier cooking substitutes to lower the kj when cooking your favourite recipes
- List of KJ in foods
- New habits to add, Old habits to break and additional habits to assist weight loss.
- Tips on how to burn more energy and yield results
- Tips to change behaviours
- How to stay motivated
- A Guide to Eating Out
- Strategies to combat weight loss barriers

YFS FITNESS TRAINING ESSENTIALS & OTHER TRAINING OPTIONS

YFS Fitness Training Essentials

- Sports Drink Bottle **\$10.00**
- Black T-Shirt **\$25.00**
- White T-Shirt **\$25.00**
- White Singlet Top **\$25.00**
- Black Singlet Top **\$25.00**
- YFS Hooded Zipper Jumper **\$50.00**

YFS Fitness Training Essentials Package

“SAVE \$15.00”

\$55.00

- YFS Drink Bottle
- YFS Boot Camp T-Shirt
- YFS Running Group T-Shirt



Important Information

Registration:

- It is a requirement that all participants complete a pre-exercise questionnaire and indemnity form prior to participation, if your information/condition changes within the fitness block a further pre-exercise questionnaire is required and / or a letter from your GP stating that you are in good health to participate
- All required registration forms are to be completed and submitted prior to the first fitness session
- Payment is to be completed prior to the first session of the current block, LATE payments will incur an additional 5% fee per week
- Situations do arise and in special financial circumstances payment options can be discussed with Kristen prior to the commencement of the current fitness block

Contact Details

- 0412229428
- Kristen@yourfitnessspecialist.com.au

Please arrive on time

- If running late contact Kristen 0412229428 to find out current location

Scheduled Session Locations:

Lake Ginninderra Boot Camp: Entrance off Ginninderra dr, into Diddams close, turn left follow road through to car park, Bimbi Beach (Near Dog Park).

Evatt: 40 McClure street Evatt, this is off Clancy street near the Evatt shops, please park out the front first contact will be at the letterbox.

What to Bring / Wear:

- Water bottle, wet towel to cool off in Summer / Spray bottle
- Towel or Mat – we exercise on grass, footpaths, concrete
- Wear “YOUR” boot camp T-shirt or singlet, comfortable clothing and in Winter the YFS jumper
- Sneakers
- **Asthmatics** carry own reliever (puffer) at all times
- Pouch / waist bag for car keys

Required Notification Regarding Non-Attendance and Make Up sessions:

- Please notify Kristen 3 hours prior to an afternoon / evening session, or before 8pm the night prior to a morning session if unable to attend, failure to do so will forfeit this lesson. Certain circumstances such as sudden illness is understood, and an alternative arrangement can be discussed to make up this session.
- Make up sessions can ONLY be made up within the current fitness program.
- Lessons are NOT transferable, refundable and cannot be carried over into the next 10 week or holiday program.

Bringing Children to Sessions:

- Children are welcome to attend sessions, parents take full responsibility for their children and their child/ren's safety
- Children are not the responsibility of YOUR Fitness Specialist or YOUR Fitness Specialist business employees
- It is suggested that children bring their own play equipment to the session, children are not to play with the fitness equipment that is part of the YOUR Fitness Specialist sessions
- YOUR Fitness Specialist Insurance does not cover children using the fitness equipment or any person who is not registered with YOUR Fitness Specialist
- Parents are responsible for their children when they attend, to ensure the safety of all attending, children under the age of 12 years run with their parent at the back of the group to avoid any collisions / accidents, this is under the guidance, supervision and responsibility of that child's parent.
- If parents at any point are required to speak to their children, please stop the current activity and do so away from the group and activity to ensure yours, your children and others safety
- Parents who bring their children are required to complete a waiver of responsibility form prior to the session - thank you for your understanding.

For Best Results

- Attend "YOUR" weekly lesson/s
- Exercise outside of "YOUR" comfort zone
- Consider Nutrition intake, this can be discussed with YOUR Fitness Specialist and meal plans are available at an additional cost

Rain

- We exercise rain / hail or shine
- Alternative location under the bridge at Lake Ginninderra
- 40 McClure street Evatt - you will receive an email confirming this location

Exercising with YOUR Fitness Specialist is fun, a chance to meet and socialise with a group of fantastic people and an opportunity to develop a lifetime habit under the guidance of a qualified Physiotherapist. YOU will feel awesome at the end of each session, block, year....

I look forward to working with "YOU" to increase "YOUR" health and fitness and to achieve YOUR fitness and life long goals.



2019

Fitness testing during outdoor fitness blocks enables participants to gauge results and assists increasing motivation towards achieving goals and continuing training.

The fitness tests will assist in developing the course and specific activities based on the measured abilities of group and individual needs

Today's testing will consist of;

- Resting Heart Rate
- Blood Pressure
- Cardiovascular Endurance
- Muscular Endurance
- Muscular Strength

Informed Consent for Exercise Testing

I hereby voluntarily give consent to engage in a series of fitness tests, which will measure; **Resting Heart Rate, Resting Blood Pressure, Cardiovascular Endurance, Muscular Strength and Muscular Endurance during January 1st, 2019 until December 31st 2019.**

I am aware that the most strenuous of these tests, will be the one that measures cardiovascular (aerobic) endurance and I understand that at any time the trainer, or I can terminate the test for any reason. I know that due to the pre-exercise screening process (pre-exercise screening questionnaire and medical clearance) and the nature of the tests to be used, the risk of a serious incident is minimal. Fatigue should not be excessive.

I understand there are certain changes which may occur during the exercise test. They include abnormal blood pressure, fainting, disorders of heart beat, and very rare instances of heart attack. I understand that every effort will be made to minimize problems by preliminary examination, (pre-exercise screening questionnaire and medical clearance) and observation during testing.

I understand that I am responsible for monitoring my own condition throughout testing and should any unusual symptoms occur, I will cease my participation and inform the test administrator of the symptoms. Unusual symptoms include, but are not limited to: chest discomfort, nausea, difficulty in breathing and joint or muscle injury.

Also, in consideration of being allowed to participate in the fitness tests, I agree to assume all risks of such fitness testing and hereby release and hold harmless 'Your' Fitness Specialist and Kristen Smith/Steele, from any and all health claims, suits, losses, or causes of action for damages, for injury or death, including claims for negligence, arising out of, or related to my participation in the fitness assessments.

I have read the foregoing carefully and I understand its content. Any questions which may have occurred to me concerning this informed consent have been answered to my satisfaction.

Participant's Name:

Signature: _____ Date:

Witness Name:

Signature: _____ Date:



2019

**PARTICIPANT RELEASE AND WAIVER AGREEMENT
PLEASE READ CAREFULLY**

I, _____ wish to participate in boot camp offered by Your Fitness Specialist (YFS) January 1st 2019 – December 31st 2019. I understand there are inherent risks in participating in outdoor boot camp. I agree that Your Fitness Specialist shall not be held liable or responsible for any injuries to me resulting from my participation in the boot camp classes and **I expressly release and discharge Your Fitness Specialist** and its owners and employees, from all claims, actions, judgments and the like which I or my heirs, executors, administrators or assigns may have or claim to have as a result of any injury or other damage which may occur in connection with my participation in Your Fitness Specialist boot camp classes, for any reason **including negligence** on the part of the owners, employees, myself, or any other participant involved in the fitness classes. This Release shall be binding upon my heirs, executors, administrators and assigns.

I understand that **I am not obligated to perform nor participate** in any activity that I do not wish to Participate in and that it is my right to refuse such participation at any time during the fitness classes. I understand that should I feel lightheaded, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the boot camp and inform Kristen Smith/Steele immediately.

I acknowledge I have read this legal document, and I agree with its terms and conditions. I understand that signing this document **waives my legal right to sue with respect to certain types of negligence**. I have signed this waiver agreement voluntarily with full knowledge of its meaning significance and implications; I have asked for and received clarification where necessary.

Participant Name:

Signature:

Date:

Signed in the presence of

Witness Name:

Signature:

Date:



Photography and Video Consent Form 2019

I, _____ Consent to photos/videos of myself being taken by 'YOUR' Fitness Specialist for a variety of public relations, communications and promotional activities, including for publications, promotional material, websites (listed below) and advertisements, for an undefined period of time – (Please tick where you **DO NOT APPROVE** the uploading of photography or video content on the following websites:

- YOUR Fitness Specialist Website
- Facebook
- Twitter
- Instagram
- YOUR Fitness Specialist Blogs

2. I acknowledge that any images/videos taken by 'YOUR' Fitness Specialist of me in connection with promotional activities is an authorised use of my image for the purposes of the Copyright Act 1968;

3. I understand that any images/videos taken maybe shown in a public environment;

4. I release 'YOUR Fitness Specialist from any claim by me or anyone on my behalf and arising out of the appearance of my photo/s in promotional activities

5. I acknowledge that there is to be no payment or further consideration paid for my photo being used.

Signed by:

Date:

Witness Signature:

Date:



2019

**Children attending with parents
Release and Waiver of responsibility agreement
PLEASE READ CAREFULLY**

I, _____, at times will be required to bring my child / children to outdoor fitness offered by Your Fitness Specialist (YFS) during the period of January 1st, 2019 – December 31st 2019. I understand although my children / child will not participate in the fitness session, that there are inherent risks associated with their presence, I agree that Your Fitness Specialist shall not be held liable or responsible for any injuries to my child / children from a result of their presence. **I expressly release and discharge Your Fitness Specialist** and its owners and employees, from all claims, actions, judgments and the like which I or my heirs, executors, administrators or assigns may have or claim to have as a result of any injury or other damage which may occur in connection with my child /children's attendance at Your Physiotherapist & Fitness Specialist outdoor fitness sessions, for any reason **including negligence** on the part of the owners, employees, myself, or any other participant involved in the fitness sessions. This Release shall be binding upon my heirs, executors, administrators and assigns. I understand that **I am obligated to take full responsibility for my child / children's safety within the time of the session and that my child / children is / are prohibited from playing with any of the YOUR Fitness Specialist fitness equipment and / or from participating in the current fitness session they are present at.** I acknowledge reading this legal document, and I agree with its terms and conditions. I understand that signing this document **waives my legal right to sue with respect to certain types of negligence.** I have signed this waiver agreement voluntarily with full knowledge of its meaning significance and implications; I have asked for and received clarification where necessary.

Participant Name:

Signature:

Date:

Signed in the presence of

Witness Name:

Signature:

Date: