

This questionnaire provides confirmation that: you are **well enough to exercise**; you have **provided an emergency contact** if you fall ill during class; **we can contact you** regarding availability/changes to scheduled classes. This form will be stored securely, and should you discontinue attendance, it will be destroyed after one year. For your safety please answer the following questions and read the exercise advice provided overleaf for your screened class(es).

PERSONAL DETAILS (Please complete fully)

Title	Mr/Mrs/Ms/Miss	First Names	Surname	
Address				
Town		Post Code	Date of Birth	
E-mail			Phone	
May we contact you by e-mail or other messaging service with news about classes, events and to confirm on-line bookings?			Yes <input type="radio"/>	No <input type="radio"/>
Emergency Contact	Name		Phone	

HEALTH DETAILS (Please complete fully)

Y	N	Health Conditions
<input type="radio"/>	<input type="radio"/>	Have you ever had an injury or illness that you believe could be aggravated by exercise?
<input type="radio"/>	<input type="radio"/>	Do you have any back, spinal, bone or joint conditions that could be made worse by a change in your physical activity?
<input type="radio"/>	<input type="radio"/>	Have you suffered from a Heart Condition, Stroke, Palpitations, Murmurs or pains in the chest?
<input type="radio"/>	<input type="radio"/>	Have you suffered from high or low blood pressure, shortness of breath, or do you sometimes feel faint or dizzy?
<input type="radio"/>	<input type="radio"/>	Are you, or is there any possibility that you might be pregnant or are trying to conceive or are you under 6 months post-partum?
<input type="radio"/>	<input type="radio"/>	Have you undergone any recent medical procedure or taking any prescribed medicine?
<input type="radio"/>	<input type="radio"/>	Do you know of any other reason why you should not participate in a programme of physical activity?

If you have answered **YES** to any of the above questions or you are not sure, please consult a medical professional **BEFORE** partaking in any form of exercise. If no, please answer the remaining questions.

Do you currently participate in regular exercise? If yes, please state:				
How would you describe your current physical condition?				
What are the main benefits you aim to achieve from exercising (please tick)?				
Weight loss <input type="radio"/>	Fitness Improvement <input type="radio"/>	Muscle Tone <input type="radio"/>	Health Improvement <input type="radio"/>	Stamina <input type="radio"/>

FITNESS DECLARATION

I declare that I have read, understood and answered honestly the questions above. I confirm that I am of fit state of health to participate in such a class and do so at my own risk. Furthermore, I hereby confirm that I will adhere to common-sense guidelines for my own health and wellness and will discuss any concerns with a medical professional.

Signed

Date

Ref



Due to the Powerhoop's impact on the abdominal and other core muscles, some new users may experience muscle soreness or bruising in the first few days of use.

Although mild bruising is not dangerous for a healthy user, it is preferable to avoid discomfort by limiting hooping sessions to 3-5 minutes, and increasing over time.

If you are pregnant, trying to conceive, have any spinal injuries or health problems, do not use a weighted hoop without first consulting a medical professional.

During a 45 minute class, there's typically about 12-15 minutes of hooping. In a beginner class, hooping time is generally reduced.

The remainder of the class consists of Powerhoop-based aerobic activities, body conditioning and stretching exercises.

If you are participating in a Powerhoop class for the first time, we ask that you take care to ensure that your total hooping time does not exceed five minutes.



Fatburn Extreme is a 20 minute bodyweight training system that incorporates functional compound exercises, activating all major muscle groups in the process as well as optimising the principles of overload.

It has been formulated with a carefully structured scientific approach.

Research has proven that 3 x 20 minute sessions of this nature per week can achieve all training goals, sport specific or otherwise.

The effects are felt and the results are fast.

The training concept can be delivered one-on-one, in small groups, or in larger class environments. No equipment is necessary, little room is required and it only takes 20 minutes to deliver. Realistically, you could do this in your lunch hour and still have time to shower and eat!



To comply with our Kettlercise® license and ensure that you enjoy a safe workout we cannot be held responsible for any accident or injury caused by any Kettlebell used other than our authentic Kettlercise® Kettlebells purchased from us or direct from the official Kettlercise® website.

If you choose to use any other Kettlebell during our Kettlercise® classes then you do so at your own risk.

Due to the Kettlebell's impact on core muscles, some new users may experience muscle soreness in the first few days of use. Although muscle soreness is not dangerous for a healthy user, it is recommended for beginners to avoid discomfort by limiting the Kettlebell weight in Kettlercise® classes to 4kg for ladies and 6kg for men, and increasing over time.

If you are pregnant, trying to conceive or have any spinal injuries you cannot participate in a Kettlercise® class. If you have any health problems, firstly please consult a medical professional before joining one of our Kettlercise® classes.

During the 45 minute class, the Kettlebell is used continuously throughout with no built-in breaks or respite. You are responsible for taking breaks, keeping hydrated and ensuring the Kettlebell is regularly wiped clean and dry.

In a beginner class, you are not expected to undertake every exercise move and are encouraged to work at your own pace and ability.



Hatton ABC is an intense fitness class for anyone aged 16 or over that teaches you the fundamentals of boxing in a great fun workout.

This is real boxing combined with real fitness, paced at your ability level. A Hatton ABC session is no physical contact just a great all over body workout using focus pads.

A mixture of 3 minute rounds consisting of boxing combinations, fantastic abs, lower body routines and mind blowing cardio drills to help you reach your goals.

A Hatton ABC session can be found as a group session or PT.

12oz gloves and pads are provided but feel free to bring your own, or as a minimum a pair of glove liners.

Fitness Class Declaration

I declare that I have read and understood the above statements relative to the class(es) I am participating in.

Signed

Date

Screened By

Date