



# TREADFIT

BEVERLY

## **ABOUT**

**Treadfit Junior Hockey Camp** is open to '05 and '06 hockey players. Each small group (16 per class), 50-minute workout, will incorporate interval training on the treadmill with strength building exercises. Players will perform intervals on the treadmill incorporating periods of intense anaerobic exercise with periods of recovery mimicking player's shifts on the ice. Each 45 second to 1 minute interval on the treadmill will utilize both speed and incline to improve VO2 Max and endurance. Strength-building exercises will be incorporated into each session to improve core and explosive strength while reducing the risk of injury.

## **DATES/TIMES:**

7/24, 7/26, 7/27, 7/31, 8/2, 8/3, 8/7, 8/09, 8/10 @11:00 a.m.

## **LOCATION:**

Treadfit

10458 S. Western Ave.

[treadfitbeverly@gmail.com](mailto:treadfitbeverly@gmail.com)

[www.treadfitbeverly.com](http://www.treadfitbeverly.com)

## **COST:** \$175

Please mail attached waiver and checks payable to Jenny Harkins by 7/20.

2601 W. 107th Street Unit M

Chicago, IL

**Treadfit Hockey Waiver**

I, on my own behalf and on behalf of my heirs, successors, and assigns (singularly and collectively referred to as "Participant"), release and indemnify Treadfit Inc., an Illinois Corporation, and all of its respective members, employees, officers, directors, affiliates, subsidiaries, related companies, heirs, successors, agents, contractors, assigns and other entities with which it is or may in the future become affiliated (singularly and collectively referred to as "Company").

Participant understands that classes offered by the Company are physically strenuous and Participant expressly acknowledges that its participation in the Company's classes and the use of the Company's facilities are undertaken voluntarily and at Participant's sole risk and, in consideration of such use, Participant agrees on behalf of itself, its heirs, successors and assigns to indemnify and hold harmless the Company from any and all claims arising out of personal injury, including illness, bodily injury or death and any property loss or damage suffered by Participant while utilizing any of the Company's or its affiliates' studio locations or services of the Company, whether on premise or off premises. Further, Participant specifically acknowledges that the Company will not accept any responsibility for the theft of or damage to Participant's personal property left in any areas, anywhere on the property.

Participant agrees to indemnify, defend, and hold harmless, at Participant's sole cost, the Company from any and all claims arising out of Participant's participation in the Company's classes and Participant's use of the Company's facilities.

Participant understands that it should always consult with a physician before starting any exercise program. Participant represents itself as being in good physical condition and having no disability, impairment, or ailment preventing participation in a fitness program or physical activity. Participant has not been advised by any physician or health provider to either refrain from exercising or to limit it in any way.

Participant expressly agrees that the terms of the release and indemnity contained herein are intended to be as broad and inclusive as is permitted by the laws of Illinois. Any provision of this Release found to be invalid by the courts having jurisdiction shall be invalid only with respect to such provision.

PARTICIPANT HAS READ AND VOLUNTARILY SIGNS AND/OR ELECTRONICALLY ACKNOWLEDGES THIS RELEASE AND INDEMNITY AGREEMENT.

BY SIGNING AND/OR ACKNOWLEDGING THIS RELEASE AND INDEMNITY AGREEMENT PARTICIPANT ALSO AGREES TO THE FOLLOWING STUDIO RULES, AS THE SAME MAY BE AMENDED FROM TIME TO TIME:

**Camp Rules**

1. All Camps are non-refundable, non-shareable and non-transferable without exception.
2. Participant must sign in at the front desk before taking class.
3. Put away all equipment and clean up your weights at the end of class.
4. Stop the treadmill completely before stepping off. Do not jump off the treadmill.
5. All injuries must be reported prior to each class.

I agree to the terms above.

Participant Name (Printed): \_\_\_\_\_

Parent Name (Printed): \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Parent Email: \_\_\_\_\_

