

FITNESS



No contact
sparring but
all the benefit
of Boxing

Knock Out Training

TRAIN LIKE AN ATHLETE
FEEL LIKE AN ATHLETE
BE AN ATHLETE

Last
Class of
Season

Some of the best athletes in the world are boxers! Now you can get a taste of how they train. Darren Meyer boxing and fitness instructor will train you like a boxer. You'll work on footwork, jump rope drills, mitt work, heavy bag and conditioning exercises in a fun and friendly environment. This 3-week program will provide an intense exercise experience for intermediate and advanced exercisers.

The class will have a minimum of 4 people and a maximum of 10.

DON'T WAIT, SIGN UP NOW!

Date: April 14-May 2
Days/Time: Monday, Wednesday and Friday, 6:00-7:00am
Date: April 15-May 8
Days/Time: Tuesday and Thursday, 6:15-7:15pm
Location: Studio 2
Cost: \$101 Member/\$201 Non-Member (M,W, F)
\$90 Member/\$160 Non-Member (T, TH)

For more info on this program, contact Vic at 303.770.2582 x339.



**GREENWOOD ATHLETIC
AND TENNIS CLUB**

The Best Part of Your Day!

www.GreenwoodATC.com

Knock Out Training

Spring 2008 6:15pm-7:15pm Code#02626

Spring 2008 6-7am Code#02625

Date _____ Chit # _____ Amount Paid _____ Staff Name _____

Call Vic at ext 339 with any questions

_____ Member _____ Non-Member

Day(s) _____ Time(s) _____

Participant #1 _____ D.O.B _____

Participant #2 _____ D.O.B _____

Address _____ City _____ State _____ Zip _____

Parent's Name _____ Phone (H) _____ (W) _____

Bill Membership # _____ Check # _____ Visa/MC _____ Exp _____

Waiver of Liability, Release, Assumption of Risk & Indemnification Agreement

1. Please check one:

I ("member/guest") certify that I am at least eighteen years of age.

I certify that I am at least eighteen years of age, that I am the parent or legal guardian of _____ ("member/guest"), and that I am authorized to execute this Waiver of Liability on behalf of member/guest.

2. I acknowledge that I have been provided with, have read, and do understand this Waiver of Liability. I have not relied upon any representations of the Greenwood Athletic Club Metropolitan District or JAG Management Group, LLC, or their Directors, owners, employees, agents, independent contractors and consultants.

3. Wherever the term "District" appears, hereinafter, the term shall include the Greenwood Athletic Club Metropolitan District, JAG Management Group, LLC, and the Directors, owners, employees, agents, independent contractors and consultants of the Greenwood Athletic Club Metropolitan District or JAG Management Group, LLC.

4. For and in consideration of access to and use of the facilities, equipment, events or activities of the Greenwood Athletic Club ("the Club"), the member/guest relinquishes and releases the District, as defined above, now and forever, from any and all claims, demands, liability or causes of action for personal injury, property damage or death occurring to member/guest or to anyone else caused by or arising from member/guest's presence at or use of the Club, or facilities, equipment, events, programs or activities thereof, including without limitation swimming facilities, which may occur on, off, or about premises, including but not limited to injury or damage caused by negligence of the District.

5. Member/guest hereby acknowledges, understands and assumes the risks and potential dangers arising from the conditions and use of Club facilities, equipment and premises, including without limitation swimming facilities, and participation in Club events, programs or activities. Member/guest acknowledges and understands that included within the scope of this waiver and release is any cause of action, arising from the performance, or failure to perform construction, maintenance, inspection, supervision or control of Club facilities, equipment and premises and for the failure to warn of dangerous conditions existing at said facilities, equipment or premises.

6. Member/guest agrees that if any claim is commenced against the District for personal injury, property damage or loss, or death to member/guest or to anyone else caused by or arising from member/guest's presence at or use of the Club, or facilities, equipment, events, programs or activities thereof, including without limitation swimming facilities, member/guest shall defend, indemnify and save harmless the District, now and forever, from any and all claims or causes of action by whomever or wherever made or presented.

7. Nothing herein shall be deemed a waiver of the rights, privileges and limits on liability provided by the Colorado Governmental Immunity Act, section 24-10-101, *et seq.*, C.R.S.

By signing below, I agree to all of the above statements.

Printed Name _____

Signature _____ Date _____

(Signature of parent or legal guardian required, if member or guest is under 18 years of age)

Updated 5/16/05