

# FEBRUARY PROGRAMS



## **SWEAT SERIES – CARDIO** With Kira

**TUE 6:00 PM**

In Sweat Cardio members can anticipate being pushed to their physical limits. Utilizing the Skill line of Technogym equipment as a cornerstone of this training, members will run, push and row their way to a fulfilling workout.

## **PRENATAL/POSTPARTUM** With Shaunna

**TUE 6:15 PM / THU 10:15 AM**

Pregnancy and postpartum bring unique physical challenges. Movement can help regain energy and sense of self. Joining this group boosts energy, confidence, and physical resilience, leading to better sleep and well-being!

## **SWEAT SERIES – STRENGTH** With Kira

**THU 6:00 PM**

In Sweat Strength members should be prepared to 'feel the burn' of muscular fatigue. Your coach will push you to maintain good form while feeling the pump; expect to feel some muscular soreness when this session is done.

## **POWER HOUR** With Devon

**WED 6:00 PM & SAT 10:00 AM**

During this 60-minute workout, you expect to feel the burn of muscular fatigue. Your coach ensures good form as you push through, resulting in a satisfying pump, although some muscular soreness may follow the session.

## **MINDFUL MOBILITY** With Matt

**SUN 9:15 AM**

This class aids recovery from your current workouts by boosting flexibility and mobility. You'll feel fantastic and enhance safety for future exercises. Emphasizing breath awareness, it relaxes both mind and muscles, ensuring overall well-being.

## **CIRC-HIIT** With Tim

**TUE / FRI 9:00 AM**

Circ-HIIT 30, a high-intensity, 30-minute circuit class, suits busy members perfectly. It blends body weight, free weights, medicine balls, and cardio gear for peak fitness. Scalable for both beginners and pros, it maximizes potential in minimal time.

## **FIT** With Jason

**MON / WED / FRI 9:15 AM**

A versatile program, suits beginners and pros alike. It enhances movement, strength, and energy, shaping you into your best self. Combining corrective exercises, strength training, and intense cardio, it leaves you feeling incredibly fit!

## **FALL PREVENTION** With Devon

**MON / WED 2:30 PM**

Designed for older individuals with balance concerns, starting with a light warm-up, incorporating standing exercises, integrating upper body movements, gradually introducing balance challenges, and emphasizing gentle stretches for flexibility while prioritizing safety and offering individualized modifications.

**\$5 INITIAL SESSION – SEE FRONT DESK FOR FURTHER PRICING.**

Register at the Front Desk.

For more information, Contact **Sean Conway** – email: [sconway@thearenaclub.com](mailto:sconway@thearenaclub.com)

410-734-7300 – [www.thearenaclub.com](http://www.thearenaclub.com) – 2304 Churchville Rd., Bel Air Rd, MD 21015

# Program Registration Form

NAME OF PROGRAM: \_\_\_\_\_

DAY(S) OF PROGRAM: \_\_\_\_\_ DATE(S) OF PROGRAM: \_\_\_\_\_

PARTICIPANT'S NAME: \_\_\_\_\_ MEMBER: Y N

AGE: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ GENDER: Male Female

PARENT NAME (if participant is under 18): \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME #: \_\_\_\_\_ CELL #: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ CELL # \_\_\_\_\_

**HEALTH INFORMATION:** Please list any special needs, medical or behavioral conditions, or medications that we need to be aware of to ensure your child's safety (allergies, asthma, etc.)

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**RELEASE:** I have read and answered to the best of my knowledge, the above questionnaire. I agree that all exercise and activities (including, but not limited to exercise classes, cardio, strength equipment, pools, field activities) shall be undertaken by me at my sole risk. I release Harford Health & Fitness Club, Inc., its officers, directors, employees and shareholders, from any claim for any injury to me personally, damage to my personal property, or theft thereof, while I am at the Harford Health & Fitness Club, including claims arising from negligence of Harford Health & Fitness Club employees or agents. I understand that I must be a current member in good standing at the time of service to receive member discount. I understand that all images (photographic and video) taken can be used in future marketing. No refunds will be issued for any partial, unused or unattended programs, any questions must be directed to the program manager.

Because physical exercise can be strenuous and subject to risk of injury, including serious injury or death, the Club urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest, or participant) agree that if you engage in any physical exercise or activity, or use any club amenity on the premises or off premises including any sponsored club event, **you do so entirely at your own risk**. Likewise, dietary modifications can cause a variety of changes and can create problems, including as it relates to your energy, stamina, appetite, and mood. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and **assume all risk** of injury, illness, or death. We are also not responsible for any loss, damage, or disappearance of your personal property.

This waiver and release of liability includes, without limitation, all injuries which may occur, **regardless of negligence**, as a result of: (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction; (b) the sudden and unforeseen malfunctioning of any equipment; (c) our instruction, training, supervision, or dietary recommendations; (d) any on-line or virtual training; or (e) your slipping and/or falling while in the club, or on the club premises, including adjacent sidewalks and parking areas. **This waiver also includes any negligence associated with the presence of or transmission of any bacteria, viruses, or infectious diseases.**

By signing below, you acknowledge that you have carefully read this "waiver and release" and fully understand that it is a Release of Liability. You expressly agree to release and discharge the club, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the Club for negligence, personal injury or property damage. You also agree that this waiver and release applies to any of your guests or family members.

You further agree that if a court of law finds any part of this agreement to be against public policy or in violation of any state statute or legal precedent, then **only** that portion of the document may be deleted and the remainder of this waiver and release will remain in full force.

Additionally, you understand that the Club occasionally photographs/videotapes client events/sessions and you consent your approval for the Club to use these images or video in any and all media for promotional purposes with no financial or other remuneration due to you.

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Signature / Parent or Legal Guardian must sign if participant is under 18

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Date