

SMALL GROUP TRAINING

OCTOBER - DECEMBER 2022 OFFERINGS



Gladiator Training

Tuesdays & Thursdays, 10:00-11:00 AM
with Star Legend

Location: Fitness Floor Weight Area

A well-balanced and intense workout tailored for the “Gladiators” at The Arena Club! Experience a combination of Strength, Agility, Endurance and Power formatted in a circuit-style workout. This is a great group for those looking to leave the Arena sweating but stronger from the heat of battle!



Mobility and Meditation

Tuesdays & Thursdays, 4:00-5:00 PM
with Matt Merryman

Location: Group Fitness Studio

The main focus of the mobility portion is to focus on what areas of the body need to be addressed pre and post-workout, mainly the hips, spine, and shoulders. Our goal is to give members the tools to help them not only maximize their own workouts but lead to long-term safety.

The last 10 to 15 mins will be the mediation portion of the class. Here I will provide members with a guided meditation to help them relax their minds. We know as trainers our exercise can be great, diet and sleep perfect but if we are stressed to the max we will not get far. This will help them lower their stress levels and like mobility as a tool for every day.

For more information, contact:
Sean Conway | Wellness Director
410-734-7300 ex. 108
sconway@thearenaclub.com

- Please see Front Desk for specific pricing
- Monthly registration
- Register at the Front Desk today!





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.)

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.

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

Date