

Liability Waiver for Minnesota Getaway at Cragun's Resort 2021

Name: _____ DOB M/D/Y _____

Mailing Address: _____

Telephone: H _____ W/C _____

Email: _____

Emergency Contact and #: _____

Are you currently experiencing any medical conditions that I should know about? If so, please list, be sure to include medications/allergies if I need to know about them in case of an emergency.

Please list if you have had any joint replacements, or experience chronic pain and location.

If at any time during a class, you feel discomfort or strain, gently come out of the posture and inform the instructor. You may rest at any time during the class. It is important that you listen to your body, and respect its limits on any given day. It is equally important to inform the instructor of any discomfort or problems you are experiencing.

Professional Disclaimer Waiver

I, the undersigned, understand that Minnesota Getaway, Cragun's, or Jackie Badger is not a substitute for medical attention, examination, diagnosis, or treatment. I know the importance of consulting a physician prior to beginning any physically active program. I recognize that it is my responsibility to notify my instructor of any illness or injury before every exercise class. I will not perform any posture or participate in exercise classes to the extent of strain or pain.

I accept that neither the instructor, nor the hosting facility is liable for any injury or damages to the person or property, resulting from taking the class, including contracting a virus.

This Waiver and release of Liability form shall remain in effect until the client revokes it in writing.

Signature: _____

Date: _____

Minnesota Getaway Retreat Registration

October 22-24, 2021

Hosted by Jackie Badger, L4 Essentrics Instructor

Name _____

Address _____

Phone _____ Email _____

Emergency Contact Information _____

Injuries and medical conditions pertaining to your participation

Investment:

_____ Single occupancy room and activity: \$500

_____ Double occupancy room and activity: \$350

Includes:

Friday night Meet and Greet + appetizers

Saturday breakfast buffet + box lunch

Sunday breakfast buffet

5 classes

Cragun's Resort Amenities---pool, sauna, bike paths, walking trails, lakeshore