

Do you have diabetes or high blood sugar?

Do you have a history of high blood pressure?

Did your mother, father, sister, or brother develop any form of heart disease before age 50?

Do you smoke cigarettes or have you quit within the last two years?

Do you have high cholesterol?

If you answered yes to at least one question and you are over 35, see a physician for a complete medical evaluation before you pursue a fitness program. If you answered yes to 2 or more questions, get a check up no matter how old you are. A physician is the only one who can accurately determine if exercising puts you in any danger.

WAIVER: I, the undersigned, understand that it is required that all students be covered by his/her own family medical insurance policy. In the event injury occurs, the student's own policy will be the source of reimbursement.

I intend to be legally bound for myself, my heirs and executors, my children (adopted or otherwise). I waive and release any rights and claims for damages, injuries, or disabilities against Miss Julie's Happy Feet of the

Slate Belt, Inc. and its subsidiaries, their promoters, associates, and representatives that might be incurred before, during, or after instruction or other sponsored events by the above listed. Please complete and sign registration form.

Signature and date (If under 18, must be signed by parent or legal guardian)

MISS JULIE'S DANCE & FITNESS STUDIO
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