



New Client Waiver Form

Name _____

Date of Birth (Don't Worry We Won't Tell) _____ Parents Name if under _____

Address _____

City & State _____ Zip _____

Primary Phone # _____

How did you hear about CYCLESURF Studio? _____

Email Address (No Junk Mail and Your Info Is Never Sold) _____

Emergency Contact Name _____ Relationship _____

Emergency Contact Phone # _____

ASSUMPTION OF RISK, WAIVER, AND RELEASE

By signing up for and/or attending classes, events, activities, and other programs and using the premises, facilities and equipment (individually and/or collectively, the "Classes and Facilities") of CYCLESURF Studio, Inc., its subsidiaries and partner facilities, and all classes taught by or techniques developed by Jessica Hance, and all other instructors either on premise or off premise (collectively, "CYCLESURF STUDIO"), I hereby acknowledge on behalf of myself, my heirs, personal representatives and/or assigns, that there are certain inherent risks and dangers involved with stationary spin bikes, fitness surfboards, and all other exercise equipment in association with the Classes and Facilities of CYCLESURF STUDIO. I acknowledge that some of these risks cannot be eliminated regardless of the care taken to avoid such injuries. I also acknowledge that the specific risks vary from one activity to another, but range from (1) minor injuries such as scratches, bruises, and sprains; (2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, strokes, and concussions; and (3) catastrophic injuries including paralysis and death. I have read and thoroughly understand the CYCLESURF STUDIO Safety Instructions that are included with this document and provided to me by CYCLESURF STUDIO staff. At all times, I shall comply with these Safety Instructions and all stated and customary terms, posted safety signs, rules, and verbal instructions given to me by staff. If in the subjective opinion of the CYCLESURF STUDIO staff, I would be at physical risk participating in any or all CYCLESURF STUDIO classes, I understand and agree that I may be denied access to Classes and/or Facilities until I furnish CYCLESURF STUDIO with an opinion letter from a medical doctor, at my sole cost and expense, specifically addressing the concerns of CYCLESURF STUDIO and clearly stating that these specific concerns are unfounded. Minors (anyone under the age of 18 years of age) are subject to and covered by this agreement.

In consideration of being allowed to participate in and access CYCLESURF STUDIO Classes and Facilities, I hereby (1) agree to assume full responsibility for any and all injuries or damage which are sustained or aggravated by me, my family members or visitors in relation to the Classes and Facilities, (2) release, indemnify, and hold harmless CYCLESURF STUDIO, its direct and indirect parent, subsidiary affiliate entities, and each of their respective officers, directors, members, employees, representatives and agents, and each of their respective successors and assigns and all others, from any and all responsibility, claims, actions, suits, procedures, costs, expenses, damages, and liabilities to the fullest extent allowed by law arising out of or in any way related to participation in the Classes or use of the Facilities, and (3) represent that I (a) have no medical or physical condition that would prevent me from properly using any of CYCLESURF STUDIO Classes and Facilities (including stationary spin bikes or fitness surfboards), (b) do not have a physical or mental condition that would put me in any physical or medical danger, and (c) have not been instructed by a physician to not participate in physical exercise. I acknowledge that if I have any chronic disabilities or conditions, I am at risk in using CYCLESURF STUDIO Classes and Facilities, and should not be participating in any Classes. Based upon local laws, CYCLESURF STUDIO may be equipped with an AED (Automated External Defibrillator) but this in no way implies liability for resuscitation or the timely accurate usage of the AED machine. All claims and disputes arising under or relating to this Agreement are to be settled by binding arbitration in the state of Illinois by a mutually agreed upon AAA (American Arbitration Association) arbitrator. An award of arbitration may be confirmed in a court of competent jurisdiction. I have read this Assumption of Risk, Waiver, and Release Agreement, fully understand its terms, and understand that I am giving up substantial rights including my right to sue CYCLESURF STUDIO under most circumstances. I acknowledge that I am signing this waiver freely and voluntarily. I acknowledge and agree the term of this waiver is indefinite, and covers me, my visitors to the facility, and my family members including minors.

VALUABLES AND PERSONAL PROPERTY. I acknowledge that I have been urged to avoid bringing valuables to the Facilities and that CYCLESURF STUDIO shall not be liable for the loss of, theft of, or damage to my personal property, including items left inside or outside the fitness room, general fitness area, or anywhere else in the Facilities, or anywhere outside the Facilities including the parking lots. I acknowledge that no portion of any fees paid by me is in consideration for the safeguarding of valuables.

COMMUNITY ETIQUETTE. To preserve the CYCLESURF STUDIO community, I agree to abide by CYCLESURF STUDIO Community Guidelines included with this document and will not be refunded fees if asked to leave as a result of breaking these rules. CYCLESURF STUDIO reserves the right to deny access to any person acting inappropriate, unsafe or inebriated at its sole discretion without refunding fees.

New Member Signature _____ Date _____

(must be signed in person at CYCLESURF Studio)

Under 18? If 'YES', please check block

Parent or Guardian Signature _____ Date _____

(must be signed in person at CYCLESURF STUDIO if applicable)

Safety Instructions

GENERAL

1. If at any time you feel dizzy or have difficulty breathing, gradually stop exercising and carefully dismount the equipment.
2. Everyone is required to have water. Stay hydrated before, during and after class. Please drink water as you need it through your class.
3. Please keep others away from all equipment when in use. PLEASE NOTE: Pets are never allowed on CYCLESURF STUDIO premises.
4. In all CYCLESURF STUDIO classes, focus on form, posture, and making smooth transitions between movements.
5. If you are pregnant please consult with your doctor before taking any CYCLESURF STUDIO classes as our workouts are both core intensive and aerobic.
6. Our CYCLESURF STUDIO equipment is maximum weight rated to 350 pounds (159 kilograms). We therefore cannot admit you to CYCLESURF STUDIO classes if your weight is above this maximum rating.
7. Keep at least 12" on either side of the CYCLESURF bike or board clear at all times.

CYCLESURF BIKES (LeMond Rev Master Pro Bikes or Similar)

1. If you are new to indoor cycling we recommend you arrive 15 minutes early for proper bike setup and to meet your instructor.
2. If you are new to indoor cycling, arrive early and ask your instructor for assistance. Record your settings in your cell phone so you remember them for next time and experiment through your first few classes and tweak them until the bike becomes comfortable.
3. Our bikes adjust in 4 ways: 1. Seat Height, 2. Fore/Aft Seat Position, 3. Handlebar Height, and 4. Pedal Preference (Toe Cage or Clip In with SPD Bike Shoes). Ensure that adjustment knobs are properly secured and do not interfere with range of motion during exercise.
4. Listen to your body, ride at your own pace and never place more tension than you feel comfortable with on the tension knob. If at any time it is too difficult to pedal then reduce the tension immediately.
5. Children less than 4'11" should not ride CYCLESURF bikes. The bike mechanism and ergonomics are designed for riders 4'11" or taller.
6. Do not insert any object or body part into any bike openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the bike.
7. The CYCLESURF bike has a weighted flywheel and a fixed gear. This means that in order to stop, you must gradually slow your pedal strokes rather than stopping abruptly. If you do need to stop immediately, push down on the resistance knob. Do not dismount the bike or remove your feet from the pedals until both the pedals and the flywheel have stopped completely. Failure to comply may lead to loss of control and serious injury.
8. Always keep some resistance on the flywheel. After exercising, turn the resistance knob to a position of increased resistance so that the pedals will not rotate freely and potentially injure someone. PLEASE NOTE: Never turn the pedal crank arms by hand.
9. Stay in control by executing all core movements and hand positions at a slow pace before attempting to increase your speed. Do not attempt to ride the CYCLESURF bike in a standing position at a high RPM until you have practiced at slower speeds.
10. Do not use the CYCLESURF bike without proper footwear, only closed-toe athletic shoes or cycle shoes are acceptable. Never operate the bike with bare feet or sandals. Our pedals are compatible with SPD clips.
11. Never remove your feet from the pedals while still in motion. If your foot does become disengaged, quickly move your feet to the sides and push down on the resistance knob to stop the flywheel's motion.
12. Please don't distract others in the class and following staff instructions is not optional.

CYCLESURF BOARDS (SURFSET Boards or Similar)

1. Keep maximum tension bands on your CYCLESURF STUDIO board until your Instructor agrees that you are ready to remove a tension band. Removing tension bands reduces the stability of the board and increases your chance of falling resulting in injury.
2. If you are new to indoor surfing, arrive early and ask your instructor for assistance and work on your balance on the board.
3. Listen to your body and work at your own pace.
4. If at any time you feel dizzy or unbalanced then sit down on the board and if this condition persists notify your instructor.

MINORS & CHILDREN

1. Children are only allowed in CYCLESURF STUDIO if they are attending classes. CYCLESURF STUDIO does not offer child care and therefore does not allow children to be unsupervised in the fitness facility at any time.
2. Minors (anyone under the age of 18) attending CYCLESURF STUDIO classes are expected to listen at all times and be of sufficient maturity to attend a fitness class independently without parental supervision/interaction regardless of the length of class time. Concentration is an essential key to attending CYCLESURF STUDIO classes and asks that parents and guardians carefully consider this before signing up their kids for our classes.
3. Parents and Guardians understand that unless they personally participate in the Class, the minor rider will not be supervised by an adult while the Class is in session and therefore the Parent or Guardian is accepting all liability.
4. Parents and Guardians acknowledge inherent health and safety risks with cardio based fitness classes and the usage of associated equipment, and also associated with leaving an unsupervised minor at CYCLESURF STUDIO Facilities during drop off, classes & pick up.

Community Guidelines – Let Common Sense Be Our Guide

CYCLESURF STUDIO strives to provide a peaceful and respectful community for all members to co-exist and work toward their fitness goals.

We ask that all clients be considerate to every member of our CYCLESURF STUDIO community, respect the rights of others and in doing so follow these guidelines. CYCLESURF STUDIO reserves the right to deny access to any person CYCLESURF STUDIO deems to be violating these guidelines or acting in an inappropriate, unsafe or inebriated manner at its sole discretion, and is not required to refund any fees. Respect everyone and treat others the way you want to be treated.....remember the Golden Rule is still cool!

Cancellation. We ask you to cancel a class by 5pm (local time at your CYCLESURF Studio location) the day before it is scheduled to begin on our website at www.cyclesurfstudio.com. If you fail to take this action then you will be charged for the class as this limits CYCLESURF STUDIO's ability to rebook your spot, you are however still able to come the next day and attend the class.

Cell Phone and Mobile Technology Usage. We do not allow cell phone usage inside CYCLESURF STUDIO classes. We reserve the right to deny access to members talking on the phone. If you have an urgent call please step outside quietly. The use of cell phones or mobile technology at any time for photo or video purposes is prohibited on premises and is not allowed by CYCLESURF STUDIO.

Clean-Up. We ask you to clean-up after yourself, including: trash in trash cans; towels in hampers; and wipe down the equipment and surrounding floor area you have used after each class with a disinfectant wipe provided by your Instructor.

Leave Promptly. We ask all our members to vacate CYCLESURF STUDIO promptly after each class - most importantly after the last class of the day - so our staff can clean and depart on time. Our last class time varies so we ask you to be sensitive in this matter.

Damaged and Out-of-Service Equipment. CYCLESURF STUDIO will make every effort to have all equipment working properly for each class. Should bikes or boards (or other equipment) be damaged we will make every accommodation to swap a replacement or put you on the CYCLESURF STUDIO Instructor equipment (at the discretion of the Class Instructor). Should this not be possible we will reschedule you to the next open class that fits your schedule at no cost to you.

Food, Beverages and Chewing Gum. Food and beverages, other than water, are not allowed in the CYCLESURF STUDIO fitness room and other common areas. Water is the only drink permitted in the workout areas and must be in a closeable and unbreakable container. Chewing gum is not ever allowed inside CYCLESURF STUDIO as this can ruin our equipment.

Hygiene. We ask you to adhere to commonly accepted hygiene while attending CYCLESURF STUDIO classes. Wear clean clothes at all times. Be conscious of your body odor as it can be offensive to other members especially in close class situations.

Inappropriate Attire. We ask you to wear clothing that is widely regarded as acceptable, exhibiting good taste and common decency. If you wear clothing with words, phrases or pictures that are deemed inappropriate by CYCLESURF STUDIO we will ask to change, reverse the clothing item or leave. Should you wear clothing that is too provocative (revealing or tight) CYCLESURF STUDIO will again ask you to change or leave.

Lost, Stolen, Damaged or Found Items. CYCLESURF STUDIO is not responsible for lost, stolen, damaged or found items on the premises or outside including the parking lot. We urge you to only bring necessary items to your class and leave valuables at home. CYCLESURF STUDIO does not have a Lost & Found for lost items however any items found will be turned into the front desk at the location where they are found; this in no way implies CYCLESURF STUDIO is responsible for these items.

On-Time Attendance. We ask you to arrive for your class 10 minutes ahead of the start to check-in. If you are more than 5 minutes late your CYCLESURF STUDIO Instructor reserves the right to deny you access to the class with no refund as this is disruptive, impacts the class flow and can be a safety risk for you. Please note: CYCLESURF STUDIO reserves the right to give your spot to another member with no refund to you 5 minutes before the start of class.

Proper Equipment Usage. We ask you to properly use the studio and its equipment only for designated purposes to prevent yourself from being injured and ensure its availability for all members. Ask for help from a CYCLESURF STUDIO Instructor if you are unfamiliar with the equipment.

Public Displays of Affection. We ask you not to engage in inappropriate displays of affection within or near the CYCLESURF STUDIO. Please consider the sensitivity of others and respect our community.

Smoking and Tobacco Usage. All CYCLESURF STUDIO premises are non-smoking and tobacco-free facilities and therefore does not allow the usage of any tobacco products inside or outside the studio location (this includes chew). We ask you to respect our community and abide by this guideline as many of our members are sensitive to tobacco.

Stalking, Inappropriate Advances & Weapons. We do not allow stalking and/or inappropriate advances toward any member from any other member (community or staff). Members will be asked to permanently leave CYCLESURF STUDIO with no refund. Weapons of any kind are not allowed at CYCLESURF STUDIO. We reserve the right to contact local Police for any reason.

Talking. We ask you to refrain from talking and making comments during class for your safety and the safety of the other members in your class. Plus it is rude for most members who are trying to focus on their workout.

Schedule Change. Please understand our schedule is subject to change based upon attendance or instructor availability so double check the online class schedule before you leave. We always strive to maintain our schedule but there will be situations arise that may cause a cancellation. In these situations, we will always allow you to reschedule to another class.

Thanks for your help in maintaining our awesome CYCLESURF community - PEACE, LOVE, CYCLESURF!