



Sports Anonymous

Strength & Conditioning Classes

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www.sportsanonymous.com
314-974-7413

Welcome!!

*I'm looking for to working with you and helping you achieve your fitness goals!!
The goal of our time together is to instruct you on ways to begin and maintain a fitness routine on your own without the use of a gym.*



Get ready to "Git Fit"!!

*Yours in health,
Jackie Hibbler*

Make check out to Sports Anonymous, LLC

Agreed rate: \$ _____

Name _____ M or F (please circle one)

Address _____

City, State, & Zip _____

Phone: (home) _____ (Cell) _____

Email: _____

I, _____, am willing to participate in the *Sports Anonymous* Personal Strength and Conditioning Sessions. I hereby hold harmless Sports Anonymous, LLC, its coaching staff, *whatever* facility is used and its employees from any liability of injury, death, property damage, or theft that may occur during my participation in this program. I acknowledge the potentially strenuous nature of the activities and drills involved, and agree that I am physically capable of partaking in such activities. I also understand that my medical insurance is primary, in case of injury.

Signature _____ Date: _____

YOUR EXPECTATIONS:

What goals are you hoping to achieve by signing up with *Sports Anonymous*?

Are there any previous injuries or conditions that I need to be aware of? **Yes**____ **No** ____

Please explain_____

Exercise programs can be modified to fit your specific needs and fitness level! Please keep me abreast of any changes during the course of our time together.

Coach Jackie