



Armor Up Programs Membership Form

Welcome!

You are signing up for one of the Armor Up Group Coaching Programs offered by Ashly Torian. This course consists of:

- 1 group training call each week
- Home-play FUN each week
- Unlimited email and text support
- FB Live Q & A

Information & Goal Details

First Name _____

Last Name _____

(Cell) Phone Number _____

Address: _____ City _____ St _____ Zip _____

Email _____

D.O.B. ___/___/___

My most pressing concern is:

To overcome this concern, I agree to:

___ I will “show up” and participate in the Class and share in all the ah-ha’s wahoo’s and oh-boys! (or listen to recording)

___ I will Journal my experiences, so I may witness the changes that take place in my attitude and the opportunities that come my way.

___ I will participate in the home-play materials given.

___ I will do my very best every day! 😊

I love and appreciate your referrals, who would you love to help Elevate?

1. _____ 2. _____ 3. _____

Sign, Scan and Email both pages to info@ashlytorian.com



Armor Up Programs Membership Form

Liability and Photo Waiver

IT IS UNDERSTOOD AND AGREED that there shall be no refund, partial or in full, for one to one coaching, group coaching used or unused after the first week of membership and payment has been made. Your financial commitment plays a large role in your long-term success. Group Coaching: The classes are scheduled at a set time. If you cannot make it to class, a recorded version of the class will be available on the Resource Page.

For All Programs, IT IS UNDERSTOOD AND AGREED that there will be an early termination fee of no less than \$200 OR that equal to your remaining monthly billing fee for breaking the commitment made in this contract. At the end of your commitment time, you may renew your membership at no additional cost.

I, _____ declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation or use of equipment or machinery except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in an exercise/fitness activity or in the use of the exercise equipment and machinery. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise, and use of exercise and training equipment so that I might have his/her recommendations concerning these fitness activities and equipment use. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity and use of equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities.

Photo Release: understand that photography and/or video may be taken of me while participating in Boot Camp or training classes. I agree to allow **Ashly Torian** and **Bio~Balance** to use any pictures taken of me (excluding my before and after picture, unless I give written permission) for promotional purposes. I understand that the photos will be permanent property of **Bio~Balance**.

Release from Liability and Negligence. I, the undersigned, do hereby release **Ashly's Bio~Balance**, Ashly Torian and any staff instructors from any and all claims of liability and negligence in the event that I am injured while participating in exercise class. The staff requests that each student consults his/her physician with respect to any past illness, injury, cardiovascular problem, knee problem, or any other condition that may affect his/her ability to endure the exercise program. I acknowledge that I have read and do understand the above: and I knowingly execute this release from liability and negligence.

Signature: _____ DATE: ____/____/____

*I understand this is to serve as my legal signature. _____ (please initial)

Sign, Scan and Email both pages to info@ashlytorian.com