

# Flex at the Plex Fitness Boot Camp at the Maryland SoccerPlex

For Women & Men Ages 18+  
Sessions are Indoors and Outdoors  
depending on weather

**Start Date:** Ongoing  
**Price:** \$10 per hour session  
**Time:** 6:00am - 7:00am  
**Days:** Mon, Wed, Fri  
**Required:** 8-10 pound dumbbells and mat

**NEW**



↻ Increases Strength,  
Endurance,  
Core Stability, and  
Resting Metabolic Rate.

↻ Decreases Body Fat %

More Information

Call 301-528-1480

Or Visit

[www.mdsoccerplex.org](http://www.mdsoccerplex.org)



12 - 15 participants  
per class

# FLEX at the PLEX - FITNESS BOOT CAMP

Please complete form below and mail or fax with payment to:

Discovery Sports Center, 18031 Central Park Circle, Boyds, MD 20841 / Fax: 301-540-4276

I am signing up for:  12 sessions (\$120) OR  1 walk-in session (\$10)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: (mandatory) \_\_\_\_\_

**Payment Information:** \$10 per hour session. The payment for 12 sessions include all appropriate fees, taxes and a \$25 non-refundable administrative fee.

**Credit Card:** (Circle) Visa MasterCard - Card #: \_\_\_\_\_ Exp. \_\_\_\_\_

Amt: \_\_\_\_\_ V-Code \_\_\_\_\_ Zip Code \_\_\_\_\_

Signature of Card Holder: \_\_\_\_\_

**Check:** (Made Payable to Discovery Sports Center) Number: \_\_\_\_\_ Amt: \_\_\_\_\_

**Cash:** All cash payments must be made in person.

**Refund Policy:** \$25 non-refundable administration fee.

## Consent and Liability Waiver - Release of all claims (must be signed by parent or guardian)

As lawful consideration for being permitted to participate in the Discovery Sports Center indoor league, camp, or clinic I agree that I will not make a claim against, sue, attach the property of or prosecute Maryland Soccer Foundation, Discovery Sports Center, Maryland SoccerPlex and their agents, sponsors and employees for damages for death, personal injury or property damage which I may sustain as a result of my participation in these sporting activities. This release is intended to discharge in advance Maryland Soccer Foundation, Discovery Sports Center, Maryland SoccerPlex and their agents, sponsors and employees from and against any and all liability, including for negligent actions, arising out of or connected in any way with my participation in the sports league, camp or clinic except for liability that may arise out of the willful or wanton misconduct of Maryland Soccer Foundation, Discovery Sports Center, Maryland SoccerPlex and their agents, sponsors and employees. I FURTHER UNDERSTAND THAT SPORTS INVOLVE PHYSICAL CONTACT BETWEEN PLAYERS, THAT SERIOUS ACCIDENTS OCCASIONALLY OCCUR DURING SUCH SPORTING ACTIVITIES, AND THAT PARTICIPANTS IN SUCH SPORTING ACTIVITIES OCCASIONALLY SUSTAIN SERIOUS PERSONAL INJURIES (INCLUDING DEATH) AND/OR PROPERTY DAMAGE, AS A CONSEQUENCE THEREOF, KNOWING THE RISKS OF PARTICIPATION, NEVERTHELESS, I HEREBY AGREE TO ASSUME THOSE RISKS AND TO RELEASE AND HOLD HARMLESS MARYLAND SOCCER FOUNDATION, DISCOVERY SPORTS CENTER, MARYLAND SOCCERPLEX AND THEIR AGENTS, SPONSORS AND EMPLOYEES WHO (THROUGH NEGLIGENCE OR CARELESSNESS) MIGHT OTHERWISE BE LIABLE TO ME (OR MY HEIRS OR ASSIGNS) FOR DAMAGES. I attest that I am eighteen (18) years old or older, am physically fit and have no known medical conditions which prohibit participation in this sport. I agree to follow all laws, rules and guidelines regulating the conduct of the sports league, camp or clinic. I understand and agree that I am solely responsible for the mechanical and/or operating condition of any and all sporting equipment I use, and I agree to continuously inspect and maintain that equipment, even if I have obtained any of the equipment from Maryland Soccer Foundation, Discovery Sports Center, Maryland SoccerPlex, their agents, sponsors and/or employees.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND MARYLAND SOCCER FOUNDATION, DISCOVERY SPORTS CENTER, MARYLAND SOCCERPLEX AND THEIR AGENTS, SPONSORS AND EMPLOYEES, AND I HAVE SIGNED IT OF MY OWN FREE WILL.

I also agree that Maryland Soccer Foundation, Discovery Sports Center, Maryland SoccerPlex and their agents, sponsors and employees may use my photograph in future promotions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

