640 Arlington Ct.
Middleville, MI 49333
616-284-7566
Tts.securitymi@gmail.com
www.trinitytrainingandsecurity.com

Self-Defense Seminar

TTS Fitness and Trinity Training and Security are pleased to once again offer our Self Defense Seminar

When: Friday August 10th, 2018
Time: 5:00pm to 8:00pm
Where: TTS Fitness located at 640 Arlington Ct. Middleville, MI 49333
Description: Self-Defense teaches survival rules to protect yourself and your family from crime. You will gain a heightened sense of awareness, knowing who and what is around you. Practicing mind setting, rehearsing and visualizing actions in your mind is a way of planning our responses. Lastly, a strong physical defense including strikes, percussion, kicks and basic escapes will help you grow in confidence in your ability to escape from an attack.

Cost: $25 Class size is limited to 15 Ages 12 and up
To Sign up: email form to Wade Poland at ttsfitnessmx@gmail.com call (616) 284-7566 or visit www.trinitytrainingandsecurity.com
What to bring to class: Comfortable workout cloths including tennis shoes, towel and water bottle

Application:
NAME:_____ DATE _____
ADDRESS: _____CITY/ST/ZIP: _____
Phone #: _____
EMAIL ADDRESS: _____

Liability Release

TTS Fitness Inc. and Trinity Training and Security LLC its owner, staff, guests, agents and its landlords do not assume liability for any injuries incurred while at or on the way to and from TTS Fitness. The students, in attending this program and in using the TTS Fitness facility does so at his or her own risk. TTS Fitness Staff, instructors, and its landlords shall not be liable for damages arising from personal injury sustained by the student during the classes or at the facilities. The student and/or parents assume full responsibility for any damages or injuries which may occur to the student during the classes and so hereby fully and forever exonerate and discharge TTS Fitness, its staff, its owners, guests, agents and landlords from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of the student's participation in the class session and in the use of the facilities. As a parent or legal guardian of the participant named above, I do hereby authorize TTS Fitness Inc., its staff, its owners, guests, agents and landlords, to seek any medical and/or surgical treatment which is reasonably thought to be necessary for the care of my child. I shall be fully responsible for honoring all costs necessary to provide medical treatment for my child. The undersigned hereby certifies that their child is physically able to participate at the training or practice and that there are no impairments that would limit the participation in the programs. The undersigned hereby understands that this is a sport, which could involve intense physical contact between two individuals. The undersigned hereby grants permission for doctors and their designees to administer appropriate medical care, antigens, or injections, and to perform emergency procedures as necessary. I am informed that the Instructors listed above advise that you check with your physician before beginning an exercise program or participating in such an event. I also agree to inform the parties listed above including assisting instructors (in writing) if there are any changes in my health and/or injury status BEFORE participating in any training sessions or I hereby waive my right to claim damages from result of injury. I hereby consent to and authorize the taking of photographs or videotape in which I may appear for promotion of future Workshops or promotion. I hereby waive all rights to claims for libel and/or invasion of privacy in regards to such media.

_____ _____ _____
(Print Name) Date Signature

Requires signature of parent or legal guardian if under the age of 18

Class Pre-Registration required. No refunds. V070218