



BOWIE KETTLEBELL CLUB

MARVIN KING RKC, NCSF, CPT (301) 463-4848 BOWIEKBC@ICLOUD.COM

Get 25% Off!

Print and Bring This Flyer and Waiver
to Your First Class in Bowie and Re-
ceive 25% Off Your Lesson!

Only Valid in Bowie, MD. on Your First Visit!
Not Valid for Classes at the Willow Street Yoga
Studio in Silver Spring, MD.!

**“Losing Weight is Tricky...But With the
Right Training You Can Lose Weight
and Be Strong At Any Age!”**

Marvin King RKC, NCSF, CPT

The Bowie Kettlebell Club Specializes in Indi-
vidual Classes to Meet Your Specific Goals!



BOWIE KETTLEBELL CLUB

Address: _____

WAIVER and RELEASE of LIABILITY

READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the exercises and Kettlebell workout activities or Self Protection activities at the Bowie Kettlebell Club with Marvin J. King located at:

I, the undersigned acknowledge, appreciate and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASERS or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Bowie Kettlebell Club, Marvin King, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss of damage to person or property. WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

Print Name: _____

Sign Name: _____ **Age:** _____ **Date Signed:** _____

Marvin J. King Signature: _____ **Date:** _____