



# Victory Equine Centre

Cedar Ridge Farm Egyptian Arabians, LLC  
4501 Cap Stine Road, Frederick, MD 21703  
www.crfegypt.com  
(301) 631-2722



Building confidence through riding

## Getting Fit to Ride

### Fitness class

Start Date: \_\_\_\_\_  
Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
Other \_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Emergency contact: \_\_\_\_\_  
Phone: \_\_\_\_\_

*The Getting Fit to Ride class is on Tuesdays, from 4-5 p.m. Our instructor, Cathy Solan, is going to use items found around the barn, plus sports balls and free weights, to help build your fitness level. She will concentrate on improving your strength, endurance, and balance. You will need to bring an exercise mat and wear appropriate clothing.*

*This class is especially geared toward riders, no matter what the discipline, but can help anyone trying to become more fit. We can accept credit cards, check, or cash.*

Class Date	Class Fee: \$30 ea.	Pay-ment	Method:cash, check, credit	Balance
Tuesdays, 4 pm	\$120/month			
July 27, 2010				
August 3				
August 10				
August 17				
TOTAL:				

**RELEASE OF LIABILITY:** In consideration of being permitted to participate in the Getting Fit to Ride fitness class, the undersigned (Participant) and his or her family, estate, heirs or assigned, hereby agree to release and hold harmless Cedar Ridge Farm (CRF), its agents and employees from and against any claim, action, damage, expense, loss or liability paid, suffered, or incurred, whether foreseen or unforeseen, while on CRF premises or as a result of the use by Participant of fitness equipment and class regimen. Participant has been informed of and agrees to be bound by the rules and regulations affecting the use of such equipment and exercises, and acknowledges he or she is capable of exercising for an hour one time per week. Participant further acknowledges that he or she participates

- with a doctor's approval
- without a doctor's approval

and thereby agrees to assume such risk.

Participant and/or parent/guardian acknowledge that I/we have read and fully understand and agree to the terms and conditions of the above Getting Fit to Ride and Release Agreement, and that is binding on my heirs, executors, and assigns. I/we represent and warrant that I/we have authority to give this release.

Make checks payable to Cedar Ridge Farm  
Credit cards accepted

Owned/operated by Ed and Merrie Aiken  
4501 Cap Stine Road  
Frederick, MD 21703

Office: (310) 631-2722  
Fax: (301) 620-7903  
E-mail: victoryequine@aol.com

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

If Participant is under 18

Credit Card Authorization  
Type of card: Visa, Mastercard, Discover  
Card No. \_\_\_\_\_  
Exp. No. \_\_\_\_\_ Security Code \_\_\_\_\_  
Billing Address: \_\_\_\_\_  
Signature: \_\_\_\_\_

### Supplies: Bring or wear to each class

- Exercise mat
- Appropriate exercise clothing
- Handtowel
- Other TBD at first class