



[www.ohbabyfitness.com](http://www.ohbabyfitness.com)

Phone: 888-264-1782

Fax: 888-966-0408

### **Oh Baby! Fitness' Medical Consent Policy**

**Oh Baby! Fitness requires all pregnant women to present a completed Medical Consent Form to participate in any OBF class. If you've given birth and your baby is less than 12 weeks old, you'll need a consent form too. Please bring this completed medical consent form to your first class or upload to your profile on our website.**

**Doctors/caregivers can fax consent forms to 888-966-0408**

## **MEDICAL CONSENT FORM**

I, \_\_\_\_\_, am aware that \_\_\_\_\_ wishes  
[print caregiver's name] [print participant's name]

**to participate in an Oh Baby! Fitness exercise class.**

**I know of no reason why she should not participate.**

**Caregiver's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Caregiver's Phone #:** \_\_\_\_\_

**Please note any special restrictions here:** \_\_\_\_\_

**Oh Baby! Fitness offers the widest variety of pregnancy and mom & baby exercise classes in the USA. Choose from Pilates, Yoga, Water Aerobics, Toning & Stroller Workout classes. OBF also offers home workout apps:**

**PREGNANCY WEEKLY WORKOUT**

**MOM AND BABY WEEKLY WORKOUT**

**HOW TO PUSH OUT YOUR BABY APP**

**All classes designed for pre/postnatal women and taught by certified instructors who adhere to ACOG guidelines.**

**See class schedules and locations at [www.ohbabyfitness.com](http://www.ohbabyfitness.com)**