



Liability Waiver

Bringing You Fitness recommends that you consult your physician before starting any exercise program. Please feel free to ask your personal trainer any questions you have concerning your fitness and lifestyle goals.

I hereby affirm that I am in good physical condition and do not suffer from any mental or physical disability which would prevent or limit my participation in training with an independent contractor (personal trainer/fitness instructor) at *Bringing You Fitness*. ____ (Initial) I understand that I am participating in a program of strenuous physical activity including but not limited to aerobic dance, weight training, stationary bicycling, and other aerobic and anaerobic conditioning classes and machines offered by *Bringing You Fitness*.

I understand and am aware that strength, flexibility, aerobic and anaerobic exercise including the use of exercise equipment, and any program my trainer/instructor may involve me in are potentially hazardous activities. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities. I hereby agree to expressly assume and accept any and all risk of injury and death. ____ (Initial)

In consideration of my participation in training with an independent contractor (personal trainer/fitness instructor) at *Bringing You Fitness*, I, for myself, my heirs and assigns, hereby release *Bringing You Fitness*, its employees, independent contractors, officers and owners from claims, demands, and any causes of action arising from my participation in any personal training program at *Bringing You Fitness*.

____ (Initial) I fully understand that I may injure myself as a result of my participation in any personal training program at *Bringing You Fitness*, and hereby release *Bringing You Fitness* from any liability now or in the future including but not limited to heart attacks, muscle strains, broken bones, shin splints, back injuries, or soreness, occurring during or after my participation in the personal training program.

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in physical activity with *Bringing You Fitness*. I, the undersigned, know that my participation with *Bringing You Fitness* naturally involves the risk of injury to myself. As such, I understand and voluntarily accept this risk and agree that *Bringing You Fitness* will not be liable for an injury, including but not limited to personal, bodily, or mental injury. Having such knowledge, I hereby release *Bringing You Fitness*, its representatives, agents, and successors from liability for accidental injury, illness, or death which I may incur as a result of participating with *Bringing You Fitness*. I hereby assume all risks connected therewith and consent to participate with *Bringing You Fitness*. I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate with *Bringing You Fitness*.

This agreement constitutes the sole and entire agreement between *Bringing You Fitness* and myself in regards to the personal training program and/or classes described above. No other agreement exists between us, and *Bringing You Fitness* has made no representations to me, verbally or in writing, about such personal training program and/or classes except as stated herein.

I hereby affirm that I have read and understand fully all the above.

Print Client Name

Trainer/Instructor Name

Client Signature

Date

Staff Signature

Date