



In Studio Personal Training Waiver and Release of Liability

Because physical exercise can be strenuous and subject to risk of serious injury YourFit Personal Training urges you to obtain a physical examination from a doctor before beginning any exercise or training program. You agree that in participating in these physical exercise sessions or personal training activities, **you do so entirely at your own risk.** This includes, without limitation, a. your use of all equipment in the facility and your participation in any activity, personal training or instruction. .b the sudden and unforeseen malfunctioning of any equipment, our instruction, training, supervision, or dietary recommendations. You agree that you are voluntarily participating in these activities and use of these facilities and premises **and assume all risks of injury.** You expressly agree to release and discharge your personal trainer from any and all claims or causes of action. This waiver and release of liability includes, without limitation, all injuries to which may occur, **regardless of negligence.**

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from all liability shall remain in full force and effect and the offending provision or provisions severed here from. You acknowledge that you have carefully read this waiver and release and fully understand that it is a **release of liability.** You agree to voluntarily give up any right that you may otherwise have to bring a legal action against the personal trainer for negligence, or any other personal injury or property damage or loss of action.

Signed _____

(Parent/Guardian-if participant is under 18 years of age)

Printed Name _____

Your email- _____

Address: _____

DOB: _____ Phone: _____

Date __/__/__

Emergency Contact Person _____ Relationship- _____

Emergency Contact Phone Number(s)

Cell- _____

Home- _____ Business- _____