



Exercise Waiver and Release

Name: _____

Address: _____

Home Phone: _____

IN CASE OF EMERGENCY CONTACT:

Name: _____

Address: _____

Relationship: _____

Phone: _____

I hereby agree to participate in the exercise program given by Your Body You - Mobile & Virtual Personal Training (herein, collectively the "Trainer") upon the understanding and condition that:

1. I acknowledge that the Trainers have advised me of medical risks that may result from such participation and represent to the Trainers that I have consulted my personal physician if I have been advised to do so by the Par-Q and I am physically capable of such participation without any injury.
2. I am aware of the medical risks associated with participating in an intense exercise program, including the possibility of injuries resulting from the activities performed such as jumping, weight lifting, stair jumping/running, and all other physical activities associated with the exercise program.
3. I recognize the risks of illness or injury inherent in a group exercise program and am participating in the Trainers program upon the express agreement and understanding that I am hereby waiving and releasing the Trainers from any and all claims, costs, liability, expenses or judgments including attorney's fees and court cost (herein, collectively "Claims") arising out of my participation in the Trainers programs or any illness or injury resulting there from, and hereby agree to indemnify and hold harmless the Trainers from and against any and all such Claims.
4. I hereby execute and deliver this waiver and release to induce the Trainers to permit me to participate in its program.

SIGNATURE OF PARTICIPANT (IF A MINOR, SIGNATURE OF PARENT OR GUARDIAN)

DATE