



### CLIENT WAIVER

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I have agreed to participate in Personal Training sessions that will include but not limited to weight training, high-intensity interval training, running, and stretching.

I acknowledge that there are risks associated with physical activity. These include but are not limited to, those caused by the environment, temperature, weather, current physical condition, equipment, and actions of other people including but not limited to instructors, participants and members of the public.

In consideration of my being accepted as a client, I agree to not make any claim against my Personal Trainer for any damage or injury arising from my participation in the sessions.

Fitness activities require that I be in good health and have no condition that could endanger my well-being through participation (other than those listed on the exercise screening form) I will notify my trainer of any such defects in writing prior to attending any training session.

I acknowledge that I am taking part in these exercise sessions entirely and solely at my own risk.

PRINTED NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_