

SCULPT MY BODY FITNESS, LLC.

Waiver & Release of Liability Group Fitness

Sculpt My Body Fitness, LLC urges all participants to obtain a physical examination from a doctor before engaging in any exercise program.

I, _____, have enrolled in the group health and fitness program offered through Sculpt My Body Fitness, LLC. I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I acknowledge that I have been informed of the need for a physician's approval for my participation in an exercise program or in the use of equipment.

I acknowledge that my enrollment and subsequent participation in group fitness classes and use of equipment is purely voluntary, and assume all risk of injury, or contraction of any illness or medical condition that might result. I acknowledge that any and all equipment I provide during group fitness classes is for personal use only and take sole responsibility for it. Trainer has no knowledge of its condition. I also acknowledge that my equipment and/or equipment provided by Sculpt My Body Fitness, LLC or its trainers/agents may malfunction and/or cause injuries. In consideration of my participation in this program and use of all equipment, I hereby release Sculpt My Body Fitness, LLC and its trainers/agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment.

I fully understand that fitness activities, and use of equipment are potentially hazardous, and that the possibility of injuries and physical changes arising during or resulting from training sessions does exist. I understand that I may injure myself as a result of my participation in this program and use of equipment, and I hereby release and hold harmless Sculpt My Body Fitness, LLC. and its trainers/agents from any liability now or in the future for conditions that may result. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat exhaustion, knee/shoulder/back/foot injuries, or death. Although Sculpt My Body Fitness, LLC trainers will take precautions to ensure my safety, I expressly assume and accept sole responsibility for my safety and for any and all injuries that occur to myself.

I hereby affirm that I have thoroughly read this waiver and release and fully understand the above statements and release of liability.

Participant's Name (print)

Date

Participant's Signature

Date

Parent/Guardian signature (if applicable)

Date