

Fitness Services Waiver

I, _____ (enter name), hereby agree that by signing this document, I consent to waive certain legal rights, including the right to sue the following party, and, if applicable, its owners, representatives, and facilities from any physical, material, tangible or intangible, loss or damages, that may happen to me during my participation in any of the fitness services.

I will be voluntarily participating in the Fitness Services that will be provided by the Fitness Provider. These Fitness Services will include, but not be limited to the following:

- Weightlifting
- Running
- Cycling
- Stretching etc.

The following is the identifying and contact information of the Fitness Provider:

Name: _____

Address: _____

Phone Number: _____

Email: _____

Date of Birth: _____

Medical conditions:

My initials below indicate that I agree with and understand the following:

_____ I agree to hold the Fitness Provider, and if applicable, its owners and representatives, harmless from any damage that may happen to me while participating in the Fitness Services. Such injuries may include, but are not limited to, muscle strain, muscle sprains, muscle spasms, heart attacks, raised blood pressure, and broken, fractured, or dislocated bones.

_____ I agree and verify that all the information I have provided is accurate, up-to date, and without the omission of any known medical issues.

_____ I agree to hold the Fitness Provider harmless against all liability for any damages that may occur to myself or to others because of my actions or inactions.

I agree that this Fitness Services Waiver should be fully enforceable of the law, and if any portion is held invalid, the remainder should continue in full legal force and effect.