

# ALL ABOUT FITNESS

## Fitness Release of Liability Waiver

**THE FOLLOWING IS A WAIVER. READ IT BEFORE SIGNING.**

BY AFFIXING MY SIGNATURE TO THIS DOCUMENT, I ATTEST, CONTRACT, UNDERSTAND AND AGREE THAT I AM TO BE LEGALLY BOUND BY ITS CONTENTS.

*I herby acknowledge and agree:*

That I realize the risks of cardiovascular exercise, weight lifting, weight training and/or body building, and I am fully aware of the possibility of mechanical and/or other malfunctions of cardiovascular equipment, weight machines, and/or weight machines and apparatus, ["equipment"] due to the negligence of ALL ABOUT FITNESS or otherwise, as well as the possibility of injury to my person as a result of the use of such cardiovascular equipment, weight machines, and/or weight machines and apparatus. I, therefore fully understand and I am mindful of the serious consequences which might result due to my involvement in cardiovascular exercise, weight training and/or body building while training with ALL ABOUT FITNESS, and based on that understanding, as set forth in the paragraph, I voluntarily assume any and all risk of loss, damage or injury of any kind whatsoever from my use of any and all of the equipment of ALL ABOUT FITNESS, and further and with full knowledge of the consequences (i.e. that I am waiving my right to sue) expressly waive the part of ALL ABOUT FITNESS, and the operator of ALL ABOUT FITNESS, and from my use of ALL ABOUT FITNESS' equipment and/or facilities.

That I am physically sound and have medical approval to proceed with a normal routine of exercise. That all exercises shall be undertaken by me at my sole risk. That I am in good health and have no physical conditions that would be aggravated by my involvement in cardiovascular exercise, weight lifting, weight training and/or body building, nor do I have any physical limitations that would preclude said involvement. I also release ALL ABOUT FITNESS and its contractors, officers, agents, employees, representatives, executors and all others acting on their behalf from liability for their negligence, defective equipment, injuries from dangerous conditions of property, etc.

HAVING READ THE ABOVE TERMS AND INTENDING TO BE LEGALLY BOUND HEREBY AND UNDERSTANDING THIS DOCUMENT TO BE A COMPLETE WAIVER AND DISCLAIMER IN FAVOR OF ALL ABOUT FITNESS OF ANY AND ALL LIABILITY, I HEREBY AFFIX MY SIGNATURE HERETO.

***Additional policies:* Classes and/or sessions may continue during inclement weather, although it will be up to the trainer's discretion whether or not to cancel the class or session. Before and after pictures may also be requested. Photographers may be present during class time photographing for our 'Photo Gallery' and for advertising and media purposes. Please let the trainer know if you have any concerns.**

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Printed Name

Signature

Date

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Address

Phone

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Email

Emergency Contact