



Fitness and Wellness Classes/Personal Training Waiver and Assumption of Risk

Waiver and Assumption of Risk:

I, _____, in consideration of being permitted to participate in fitness classes/personal training programs given by Rosemarie Hulbert on behalf of myself, I hereby release Rosemarie Hulbert, from any and all liability for injury, death, negligence or negligence of a third party, property loss or damage suffered by me as a result of my participation in the classes, or my use of the equipment, or any way associated with my participation in any and all classes now or in the future.

I, _____, acknowledge that I know, and understand, and appreciate the inherent risks of participating in this program. I know that these risks may include, but are not limited to minor scrapes, strains, and bruises, as well as significant injuries such as broken bones, eye injury or loss, concussions, paralysis, and even death. By execution of this agreement, I fully assume the inherent risks associated with the class and assert that I am voluntarily participating in such activities. I have read this release of liability, fully understand it, freely and voluntarily sign the same, and I am acting for myself, my heirs, personal representatives and assigns.

Signature: _____ Date: _____

Note: If you are less than eighteen years old, your parent or legal guardian also must sign below:

Signature: _____ Date: _____

(Parent/Legal guardian)

In Case of Emergency Please Contact: _____
(Name & Phone Number)