

Fitness Class Liability Waiver

I acknowledge that participation in fitness classes involves a risk of personal injury, including minor, major, or even death, and I assume all risks connected with my participation. I certify that I am in good health and able to participate in physical activities. I agree to release and hold harmless the instructor, facility, and all associated parties from liability.

Participant Information

Full Name

Date



I have read and agree to the Fitness Class Liability Waiver.

Signature

Parent/Guardian (if under 18):
