

# Fitness Class Injury Waiver Form

## Participant Information

Full Name

Address

Phone Number

Email Address

## Emergency Contact

Contact Name

Contact Phone Number

## Waiver and Release of Liability

I acknowledge that participation in fitness classes involves inherent risks, including the risk of injury. I voluntarily assume all risks associated with my participation. I hereby release and hold harmless the organizers, instructors, and facility from any and all liability for injury, loss, or damage resulting from my participation in this fitness class.



I have read and agree to the terms of this waiver.

## Signature

Signature

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Date

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