

# High-Intensity Interval Training (HIIT) Class Waiver

By signing below, I acknowledge and agree to the following terms regarding participation in the High-Intensity Interval Training (HIIT) class:

- I understand that participation in HIIT classes involves strenuous physical activity and exercise.
- I certify that I am in good physical condition and have no medical reason to prevent my participation.
- I agree to immediately stop any activity and notify the instructor if I feel lightheaded, faint, or experience pain or discomfort during the class.
- I voluntarily assume all risks associated with participating in the HIIT class, including the risk of injury, illness, or other complications.
- I hereby release the instructors, facility, and all related parties from any liability for injuries or damages arising from my participation.
- I have read and understand this waiver and accept all terms and conditions stated above.

Participant Name:

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Date:

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Signature:

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