

2019 Agreement of Release & Waiver of Liability Form

I, _____, hereby agree to the following:
(Print Your Name)

1. I am participating in an exercise class/program, taught by Design Fitness, LLC. I recognize that this class may require some physical exertion, which may be strenuous and may cause minor or serious physical injury, and I am fully aware of the risks and hazards involved.
2. I understand it is my responsibility to consult with a physician prior to my participation in any personal training and/or workout/class.
3. I agree to assume full responsibility for any risks, injuries, or damages which might occur as a result of participating in personal training and/or workout classes. I also adhere to the Policy Sheet enforced by Design Fitness.
4. I knowingly, voluntarily and expressly waive any claim I may have against Design Fitness and all personal trainers for any injury or damages that I may sustain as a result of participating in the class.
5. I, my Heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts.
6. I voluntarily agree to the terms and conditions stated above.

Please list and explain any physical conditions that you may have:

Your Signature

Date

Parent or Guardian Signature

Date



2019 Policy Sheet

1. Children are not allowed on the gym floor or use any exercise equipment at any time.

Initial: _____

2. Notice of 24-hours is required to cancel or reschedule a session/class or the session/class will be lost.

Initial: _____

3. A group class is 3 or more people per 30-minute class. Failure to have 3 or more people in a group class will change the class as listed:

- Small Group class cost is \$12.00 for 3 or more people.
- Semi-Private cost is \$17.00 per person for 2 people.
- Individual Training is \$34.00 for 1 person.

Initial: _____

4. Cardio equipment may only be used if client wants to come in early or stay after schedule training time without one on one supervision from trainer.

Initial: _____

Your Signature

Date

Parent or Guardian Signature

Date

