

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 health/physical conditions that you may have:

No relevant health/physical conditions to report

Your Signature

Date

Parent or Guardian Signature

Date



Policy Sheet

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

Initial: _____

- Notice of **24-hours is required** to cancel/reschedule a session/class or the session/class will be deducted from the client's package (or charged to the client's account if no package exists)

Initial: _____

- 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: _____

- Cardio equipment may be used if client wants to come in early or stay after schedule training time without one on one supervision from trainer. Gym membership and Annual Maintenance Fees apply for open gym access.

Initial: _____

- Personal Training session, Group Class Packages, Gym Memberships are non-refundable and must be used within 6 months of purchase date. Sessions/Packages/Memberships can be transferred to a family member or friend.

Initial: _____

Your Signature

Date

Parent or Guardian Signature

Date

