

Whole Body, LLC Fitness Exercise Class Waiver and Release of All Claims by Participant

I, _____ hereby consent to voluntarily engage in an exercise conditioning class that includes, but is not limited to the following activities:

Walking/jogging/running, going up & down stadium stairs, jump rope, lunging, balance work, calisthenics with medicine balls, barbell lifting, exercise bands & tubing, stretching, and abdominal work.

The levels of exercise that I will perform will be at my own pace, based upon my cardio respiratory (heart and lungs) fitness, muscular strength and endurance. I understand that there are risks that may be associated with any exercise program. I hereby state that I will inform Whole Body Fitness, LLC of any symptoms during my participation in the exercise class occur such as fatigue, shortness of breath, chest discomfort, or any pain or discomfort for my safety and benefit.

I will be given instructions on how to perform an exercise and will ask any questions of a Whole Body Fitness, LLC staff if I do not understand. Whole Body Fitness, LLC staff will provide leadership to direct my activities, monitor my performance, and otherwise evaluate my effort.

If I have high blood pressure, diabetes, a heart condition, or if I am taking any prescribed medications that will affect my performance in an exercise class, I will inform a Whole Body Fitness, LLC Staff person prior to participating in this class.

IMPORTANT NOTE: Depending on my health status, if I am over 50 years of age, 50lbs overweight, if I have any of the above conditions, or other medical conditions that would put me at risk in an exercise program, we will need a medical release from my doctor prior to participation in the exercise class and you will be required to wear a Fitness Heart Rate Monitor. We can help you with locations for purchasing one.

I acknowledge that any type of exercise involves a risk of injury. Whole Body Fitness, LLC shall not be liable for any injuries or damage to the undersigned, or the property of the undersigned, subject to any claim, demand, injury or damages whatever, including, without limitation, those damages resulting from acts of active or passive negligence on the part of the CLASS PARTICIPANT.

It is agreed that Whole Body Fitness, LLC shall not be responsible or liable to the undersigned for articles lost or stolen in connection with Whole Body Fitness, LLC Exercise Class.

I acknowledge that I have read this document in its entirety and understand the above.

Signature of CLASS PARTICIPANT

Date

Revised 11.07