

Fitness Class Participant Waiver of Liability

I, the undersigned, acknowledge and agree that I am voluntarily participating in fitness classes, training activities, or events (the "Activity") organized by [Fitness Center/Instructor Name]. I acknowledge the inherent risks of physical activity, including but not limited to injury, illness, or even death.

Assumption of Risks

I understand that participating in the Activity involves physical exercise that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I assume full responsibility for any and all injuries, damages, or losses that I may sustain as a result of participation.

Medical Clearance

I represent that I am in good physical condition and do not suffer from any medical condition that would limit my participation in the Activity. I have consulted with a physician or have voluntarily decided to participate without such consultation.

Release of Liability

In consideration for being allowed to participate, I hereby release and hold harmless [Fitness Center/Instructor Name], its owners, agents, employees, volunteers, and affiliates from any liability, claims, demands, actions, or rights of action related to any loss, damage, or injury that may be sustained while participating in the Activity.

Consent

I acknowledge that I have read this waiver thoroughly and understand its terms. I voluntarily agree to the terms and conditions stated above.

Participant Name: _____

Signature: _____

Date: _____

Important Notes:

- This document does not substitute for legal advice; consult a qualified attorney for compliance with local laws.
- Participants should read and understand all terms before signing.
- Consider updating the waiver regularly to reflect current policies and risks.
- Waivers may not protect against gross negligence or willful misconduct.