



Participant Release and Knowledge of Agreement

- 1) I, _____ wish to participate in the exercise and training program offered by MR & MRS FIT. I understand there are inherent risks in participating in a program of strenuous exercise. Consequently, I have been examined by a physician of my choice and have obtained his/her approval for my participation in this program within sixty days of the date set forth below. No change has occurred in my physical condition since the date such approved was given which might affect my ability to participate in the fitness program.

I have read and understand this term: _____(initial)

- 2) I agree that MR & MRS FIT shall not be liable or responsible for any injuries to me resulting from my participation in the exercise program (whether in the health club, at home or outdoors, or corporate, commercial, residential or other fitness facility) and I expressly release and discharge MR & MRS FIT, its owners, employees, agents and/or assigns, from all claims, actions, judgments and the like which I or my heirs, executors, administrators or assigns may have or claim to have as a result of any injury or other damage which may occur in connection with my participation in the exercise program, excepting only an injury caused by the gross negligence or intention act of such person or persons. This Release shall be binding upon my heirs, executors, administration and assigns.

I have read and understand this term: _____(initial)

- 3) I certify that the answers to the questions outlined on the medical and pre-activity questionnaires are true and complete to the best of my knowledge. I acknowledge that medical clearance is required if my Trainer deems it necessary and will follow through with the recommended actions.

I have read and understand this term: _____(initial)

- 4) I understand and agree that it is my responsibility to inform my Trainer of any conditions or changes in my health, now and on-going, which might affect my ability to exercise safely and with minimal risk of injury.

I have read and understand this term: _____(initial)

- 5) I understand that should I feel lightheaded, faint, dizzy, nauseated, or experience pain/discomfort that I am to stop the activity and inform my Trainer.

I have read and understand this term: _____(initial)

- 6) I understand that I am not obligated to perform nor participate in any activity that I do not wish to do, and that it is my right to refuse such participation at any time during my training sessions.

I have read and understand this term: _____(initial)



7) I understand that all sessions are of a set duration and should I arrive late, my session still must end on time or be extended at my trainers discretion.

I have read and understand this term: _____(initial)

8) I understand that MR & MRS FIT bills sessions on a pre-pay basis. Once my Trainer and I have decided upon the number of sessions that I will purchase, payment must be made before the sessions are conducted.

I have read and understand this term: _____(initial)

9) I understand that MR & MRS FIT Training works on an appointment basis and thus, requires that I provide 12 hours notice when canceling an appointment. No charge will be levied should I cancel with MORE than 12 hours notice given. Should I cancel a session with LESS than 12 hours prior notice, I will then be charged a 50% fee for that session. If I fail to appear for an appointment, I will be charged the full session fee.

I have read and understand this term: _____(initial)

10) I understand that all Training sessions are non-refundable. I also understand that all Training sessions must be redeemed within 6 months of purchase. Sessions may be transferred, however an initial assessment will be charged to the new client.

I have read and understand this term: _____(initial)

I have read this Release and Terms of Agreement and I understand all of its terms. I sign it voluntarily and with knowledge of its significance.

CLIENT SIGNATURE

MR & MRS FIT

PRINT NAME

DATE

DATE

“Stepping stones and stumbling blocks are the same.... It just depends on how you use them!!”