



## WAIVER AND RELEASE,

-----, through the purchase of training sessions, have agreed to voluntarily participate in an exercise program, including, but not limited to, strength training, aerobic and cardiovascular exercise, flexibility and balance development, under the guidance of BATH CIRCUIT TRAINING, (hereafter referred to collectively as BCT).

I hereby stipulate and agree that I am physically and mentally sound and currently have no physical conditions that would be aggravated by my involvement in an exercise program.

I have cleared with a licensed physician that I am able to undertake a general fitness program. I understand and am aware that physical-fitness activities, including the use of equipment, are potentially hazardous activities. I am aware that participating in these types of activities, even when completed properly, can be dangerous. I am aware of the potential risks associated with these types of activities, including but not limited to: death, fainting, disorders in heartbeat, neck and spinal injury, injury to bones, joints, ligaments, muscles, tendons, and other parts of the musculoskeletal system, and serious injury or impairment to other aspects of my body, general health, and well-being. I understand that I am responsible for my own medical insurance and will assume any and all medical expenses that are not covered by my health coverage.

I will notify BCT of any significant injury that requires medical attention (emergencies, hospitalisations, ongoing chronic disorders, etc.) I understand I will provide the equipment to be used in connection with workouts. I represent and warrant any and all equipment I use during training sessions. I understand that I take sole responsibility for my equipment. I understand that BCT will take precautions to ensure my safety, however, I expressly assume and accept sole responsibility for my safety and for any and all injuries that may occur.

I understand it is my responsibility to inform BCT of dietary issues and take sole responsibility for my nutritional needs and diet. In consideration and acceptance of this entry, I, for myself and for my executors, administrators, and assigns, waive and release any and all claims against BCT, including all staff, independent contractor trainers representing ABF, and volunteers, and agree to hold them harmless from any claims or losses, including but not limited to claims for negligence for any injuries or expenses that I may incur. These exculpatory clauses are intended to apply to any and all activities occurring during the time for which I have contracted with abf. Having read the above terms and intending to be legally bound hereby and understanding this document to be a complete waiver and disclaimer in favor of BCT, I hereby affix my signature here to.

client's name:

client's signature:

parent/guardian signature (if applicable):

Date: