

Fitness 4:13
119 N. Central
Troy, TX. 76579
Registration Number: 20190162

Waiver & Release Form

Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so **entirely at your own risk**. Any recommendation for changes in diet enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of the facilities and premises **and assume all risk** of injury, illness, or death. We are also not responsible for any loss of your personal property.

You acknowledge that you have carefully read the "waiver and release" and fully understand that it is a **release of liability**. You expressly agree to release and discharge the trainer or instructor from all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the trainer or instructor for personal injury or property damage.

To the extent that statute or case law does not prohibit release for negligence.

If any portion of this release form liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effected and offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Signed: _____

Printed: _____

Dated: _____