

Boot Camp or Personal Training With Canyon Creek Fitness and Amy Hart

Consent and Release of Liability

I, the undersigned, do hereby acknowledge:

My understanding that there are potential risks, i.e. light-headedness, fainting, abnormal blood pressure, chest discomfort, leg cramps, nausea, physical injury or death, and that I willfully assume those risks;

My obligation to immediately inform the trainer of any pain, discomfort, fatigue or any symptoms that I may suffer before, during and immediately after all sessions;

My understanding that I may stop or delay any further training if I so desire and that the training may be terminated by the trainer upon observation of any symptoms of distress or abnormal response or for any personal reasons;

My understanding that I may ask any questions or request further explanation or information about the exercises at any time before, during and after all sessions;

That I have read, understand and completed the Physical Activity Readiness Questionnaire (PAR-Q) and the answers to all questions were negative or I have received written consent from a physician to begin/continue to exercise;

That I will abide by the guidelines set for the class;

That I hereby release Canyon Creek Fitness, Amy Hart and any agent of Canyon Creek Fitness from any liability with respect to any damage or injury, including death, that I may suffer during or as a result of training sessions.

Client Signature

Date