

Fitness Class Disclaimer Fit Body & Mind

PLEASE READ THIS DISCLAIMER CAREFULLY BEFORE PARTICIPATING IN ANY FITNESS CLASS OR ACTIVITY.

By participating in the fitness classes or activities offered by Fit Body & Mind, you agree to the following terms and conditions:

- 1. Assumption of Risk:** You acknowledge that participation in fitness classes and exercises involves inherent risks and dangers, including the risk of personal injury or health-related issues. You assume full responsibility for these risks and agree to participate at your own risk.
- 2. Health Statement:** You confirm that you are in good health and physically capable of participating in the fitness classes or activities. If you have any pre-existing medical conditions or concerns, you must consult with a healthcare provider before participation.
- 3. Professional Guidance:** You acknowledge that it is advisable to seek professional medical advice if you have any doubts about your ability to safely participate in the classes. If needed, you should follow the guidance and restrictions set by your healthcare provider.
- 4. Proper Use of Equipment:** You agree to use any equipment provided by Fit Body & Mind in the manner intended and follow all instructions provided by the instructors or staff. Failure to do so may increase the risk of injury.
- 5. Waiver of Liability:** You agree to waive, release, and discharge Fit Body & Mind its instructors, staff, and affiliates from any claims, liabilities, or demands that may arise from your participation in the classes, including any claims related to personal injury or loss of property, whether caused by negligence or otherwise.
- 6. Consent to Medical Treatment:** You consent to receive medical treatment in the event of injury, accident, or illness during any fitness activity.

7. **Changes and Cancellations:** You understand Fit Body & Mind reserves the right to change or cancel classes.
8. **Media Consent:** You agree that Fit Body & Mind may take photographs or videos during the class for promotional purposes and consent to the use of your likeness in such media.

Acknowledgement and Agreement

I, have read and understood the above Fitness Class Disclaimer and agree to all the terms and conditions set forth. By signing below, I voluntarily agree to participate in the fitness classes or activities offered by Fit Body & Mind.

Signature Date