

CORE Health and Fitness

Personal Training • Pilates • Exercise Referral • Massage

I AGREE TO THE FOLLOWING TERMS AND CONDITIONS FOR PARTICIPATION IN AN ONLINE EXERCISE PROGRAM THROUGH Core Health and Fitness

WAIVER OF LIABILITY:

I have retained the services of Core Health and Fitness to receive physical training through their online platform of both virtual live and pre- recorded videos. I intend to assume all risk of injury from my participation. I acknowledge and agree to the following:

1. I am aware that Core Health and Fitness is here to serve me by sharing knowledge of exercise modalities.
2. I recognize that these activities may at times be strenuous.
3. By my participation in any of these activities, I present to you that to my knowledge I am physically fit.
4. I know I have the right to choose what exercises I do or do not perform in addition to withdrawing from any exercises at any time.
5. The muscles and cardiovascular conditioning program through the Core Health and Fitness online platform utilizes Pilates, stretching, strengthening and Personal Training. During and after exercise there exists a potential for muscle soreness and stiffness, abnormal blood pressure, fainting, disorders of the heartbeat and instances of heart attack and death. I assume all of the foregoing risks and accept personal responsibilities for any damages or other injury I might suffer.
6. It is my responsibility to ascertain that there is no medical reason to prevent my participation.
7. I assume full risk for any injuries which I may incur and waive any claim that I might at any time for injury of any sort against Core Health and Fitness or any person of entity in any way involved herewith.

I have read and understood this informed consent and waiver and release liability and it accurately sets forth my intentions and I agree to be bound by my provisions.

Signed:

Dated:
