



Informed Consent, Release from Liability for Services

I, _____ (Participant), does hereby waive and release, indemnify, and forever discharges LifeFit Personal Training Studio, and its agents, employees, officers, directors, affiliates, successors, members, and assigns, of and from any and all claims, demands, debts, contracts, expenses, causes of action, lawsuits, damages and liabilities, of every kind and nature, whether known or unknown, in law or equity, that I ever had or may have, arising from or in any way related to the services being provided to me by Company provided that this waiver of liability does not apply to any acts of gross negligence, or intentional, willful or wanton misconduct.

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with such Services, including but not limited to unsatisfactory results from said Service being provided to me, and personal property damage. I understand that exercise carries a risk to the musculoskeletal system (sprains/strains) and cardiorespiratory system (dizziness, uneasy breathing, heart attack). I hereby certify that I know of no known medical issues that would increase my risk of illness or injury as a result of my participation in an exercise program at LifeFit PTS.

The provision of this Waiver and Release will continue in full force and effect even after termination of the Services being provided to me, whether by agreement, by operation of law, or otherwise.

I have read, understand and fully agree to the terms of this Waiver and Release. I understand and confirm that by signing this Waiver and Release, I have given up considerable future legal rights and understand that I am personally responsible for my actions during my physical training. I waive the responsibility of LifeFit Personal Training Studio and it's fitness professionals should any injury occur as a result of my negligence. I have signed this Agreement freely, voluntarily, under no duress or threat of duress, without inducement, promise or guarantee being communicated to me. My signature is proof of my intention to execute a complete and unconditional Waiver and Release of all liability to the full extent of the law.

Signed _____ Date _____



Client Agreement of Culture & Policy

Creating a culture, atmosphere, and experience that produces incredible change and inspiration for our LifeFit clients has been and will continue to be one of the highest priorities for our team. It is expected that all our clients be committed to the following:

- 1. I agree to show up to each workout and give my best at every session.** We change lives with positive, motivating and encouraging words and ACTIONS. Commit to yourself and do whatever it takes to make it to your workout. We guarantee you will NEVER regret it!
- 2. I give my permission for photos/video that may be taken to be used for promotional purposes.**
- 3. I agree to communicate with my trainer.** We're here to help you reach your goals, but to do so you must let us know how we can best help you. This includes injuries, nutrition, training or life questions, or conflicts. One of our core values is to encourage open communication between our clients and trainers. If you ever have an issue please let us know so we can resolve the issue as quickly as possible. The only way we are able to fix a situation is to know that it happened- no matter how large or small the issue may be.
- 4. I agree to be on time to my training sessions.** We promise to be here on time and ready for your scheduled appointment and we expect that you will do the same. If you are going to be late to your session, just let us know. We understand life happens. The session will still end at the original scheduled time so our trainers are able to get to their next appointment on time. If you do not show-up for your session, you will be charged for that session (after we send the search crew out for you!).
- 5. * I agree to give a 24-hour notice in order to cancel/reschedule my one on one training appointment.** Our days revolve around client schedules so we need at least 24-hours notice. You will receive one late-cancel and still be able to reschedule your session. After that you will forfeit your session if you cancel with less than 24-hours notice. That protects the trainers and the time they could've been training. (*Does not apply to small group training)
- 6. I agree to be consistent with my training and nutrition.** Our experience has shown that consistency, progression, and priority are the keys to your success. Try to get a little bit better each and every day, and make your goals a priority in your life. If you do these things you will be well on your way to success!

I have read the above information and fully agree to uphold the LifeFit company culture and policies. I agree to the terms and conditions stated above as shown by my signature below:

Printed Name: _____ Date: _____

Signature: _____