

Health and Fitness Liability Waiver /Informed Consent Form

I, _____ (print name), have enrolled in a program offered through Keswick Fitness: Boot Camp & Training.

I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program.

I acknowledge that my enrollment and subsequent participation is purely voluntary.

In consideration of my participation in this program, I, _____, hereby release Keswick Fitness: Boot Camp & Training and its agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment.

I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I, _____, hereby release Keswick Fitness: Boot Camp & Training and its agents from any liability now or in the future for conditions that I may obtain.

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

Name (please print): _____

Signature: _____

Date: _____