

In consideration of being permitted to participate in a FITNESS TRAINING PROGRAM (including Online Coaching, Personal Training, Boot Camps, Workshops, Clinics, Small Group Training, Large Group Training, Run Coaching, Spartan SGX Training, Spartan DEKA Training, Hybrid Race Training) and being permitted to access all premises and use of all equipment necessary with JOE BALA FITNESS (referred to as FACILITY below):

1. Participant hereby RELEASES and waives and discharges JOE BALA (also known as JOSEPH P BALA) (the TRAINER RELEASEE) and the FACILITY, including but not limited to ONLINE/ZOOM or ANY Other VIRTUAL PLATFORM - and/or schools and parking lots, beaches, local parks, running trails, running tracks or any other location from any and all CLAIMS and any and all LIABILITIES or demand of any kind regarding any personal injury, temporary or permanent disability, death, property damage or other damages whether caused by the negligence of the releasee, JOE BALA, or not.
2. Participant further voluntarily assumes all risks of personal injury and agrees that he/she has no medical conditions that would limit or deny participation in the rigorous physical activity required in the above named training program.
3. Participant further agrees and grants permission to JOE BALA to publish and republish photographic pictures and videos when he (the releasee) deems appropriate for marketing purposes to benefit JOE BALA FITNESS on social media or other media at any time with no limitations.
4. Participant is at least 18 years of age and has no restrictions on physical or legal participation in the above named FITNESS TRAINING PROGRAM.
5. In the case of a participant being a Minor, said Minor must be at least 12 years of age at time of EVENT/PROGRAM and Minor's parent or guardian will sign this Waiver and Release and agree to ALL of the above conditions. Guardians accepting any and all liability for the Minor Child.
6. The Participant acknowledges by reading this document and continuing on to participate in the workout, whether LIVE or VIRTUAL, that they are assuming all responsibility for their own health and safety in whatever setting or location the workouts take place.

---

PRINT NAME

---

SIGNATURE

---

DATE

---

MINOR'S NAME

---

GUARDIAN SIGNATURE

---

DATE