



Participation Waiver

WAIVER OF LIABILITY FOR RISE ABOVE DOUBT FITNESS, LLC STUDIO USE.

I/We hereby understand and acknowledge that the group classes, programs, personal training and events held by Rise Above Doubt Fitness, LLC may expose me to many inherent risks, including accidents, injury, illness, or even death. I/We assume all risk of injuries associated with participation including, but not limited to, equipment malfunction, falls, injury, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me.

I/We hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity. I/We acknowledge that I am physically and mentally capable of performing the physical activity I choose to participate in.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and Rise Above Doubt Fitness, LLC furnishing services to me, I agree, for myself and anyone entitled to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE Rise Above Doubt Fitness, LLC, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in Rise Above Doubts Fitness, LLC group classes, training, programs and/or events. I hereby acknowledge that as a participant I am 16 years or older.

By my signature I/We indicate that I/We have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Participant's Name (Please Print): _____

Participant's Signature: _____

Guardian Signature (if younger than 18) _____

Date: _____

In case of emergency, contact: _____

Phone: _____