

# DeNay's Fitness Liability Waiver & Release of Claims

Participant Name: \_\_\_\_\_

Phone/Email: \_\_\_\_\_

Date: \_\_\_\_\_

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## 1. Acknowledgment of Risks

I understand that participation in fitness classes, Pilates reformer sessions, personal training, open gym access, and the use of any equipment at **DeNay's Fitness** involves physical activity that may include, but is not limited to: strength training, cardio exercise, stretching, balance work, high- and low-impact movements, and use of reformer machines and other studio equipment.

I acknowledge that these activities carry inherent risks, including risk of injury, falls, muscle strain, equipment malfunction, or medical events. I voluntarily choose to participate with full understanding of these risks.

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## 2. Assumption of Responsibility

I certify that I am physically capable of participating in the activities offered by DeNay's Fitness. I agree to listen to my instructor, modify movements as needed, and stop immediately if I feel pain, dizziness, or discomfort.

I understand that it is my responsibility to consult with my physician before beginning any exercise program, and I confirm that I have no medical conditions that would prevent safe participation.

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## 3. Release of Liability

In consideration of being permitted to participate in classes, sessions, or activities at DeNay's Fitness, I hereby **waive, release, and discharge** DeNay's Fitness, its owners, instructors, employees, contractors, and the facility/property owners from any and all liability, claims, demands, or causes of action arising from injury, illness, accidents, or damages occurring during or related to my participation.

This release applies to all activities on the premises, off-site sessions, virtual classes, and any use of equipment including but not limited to Pilates reformers, weights, mats, and cardio equipment.

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## 4. Equipment Use – Pilates Reformer & Studio Equipment

I understand that the Pilates reformer and all studio equipment must be used under proper instruction.  
I agree to:

- Follow all safety guidelines
- Use equipment only as demonstrated
- Report any equipment issues immediately
- Refrain from using equipment in a manner inconsistent with instruction

I acknowledge that misuse of equipment increases risk of injury.

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## 5. Facility & Building Waiver

I acknowledge that entering the facility, parking areas, stairways, and all building property carries normal risks. I release DeNay's Fitness from liability for injuries or incidents occurring in or around the building.

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## 6. Photo/Video Release (Optional)

I ☐ **do** / ☐ **do not** give permission for DeNay's Fitness to use photos or video from classes for promotional or educational purposes.

(Initial here: \_\_\_\_\_)

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## 7. COVID-19, Illness, & Hygiene

I confirm that I will not attend class if I am sick or experiencing symptoms of illness. I understand that participation involves exposure risks and release DeNay's Fitness from liability related to infectious diseases.

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## 8. Agreement & Signature

I have read and fully understand this Liability Waiver & Release. I agree to its terms voluntarily and acknowledge that by signing below I am giving up legal rights.

**Participant Signature:** \_\_\_\_\_

**Parent/Guardian Signature (if under 18):** \_\_\_\_\_

**Instructor/Witness Signature:** \_\_\_\_\_

