



EMPOWERED
PERSONAL TRAINING STUDIO

Empowered Classes Consent & Release of Liability

In consideration for being permitted to participate in Empowered, llc (DBA. Empowered Personal Training Studio) boot camp, fitness class, personal training sessions and/or related fitness activities (individually and collectively, the “Activity”) as well as the benefits that I will derive from my participation in the Activity, I hereby represent and agree as follows:

Representations

I am physically fit and able to participate in the Activity; I am in good health, and I am unaware of any medical condition which might make my participation inadvisable. (b) I have no pre-existing physical limitation or condition which may be aggravated or harmed by my participation in the Activity

Assumption of Risk

I acknowledge that my participation in the Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I _____
_____ acknowledge that, by signing this document, I have been informed of the need to obtain a physician’s examination and approval prior to beginning this exercise program. I fully understand that the program may be strenuous and choose to participate completely voluntarily. I accept all responsibility for my health and any resultant injury or mishap that may affect my well being or health in any way.

Release of Liability and Informed Consent

I _____ acknowledge that, by signing this document, I have voluntarily chosen to participate in a program of progressive physical exercise that can enhance the musculoskeletal and cardio respiratory systems. . In signing this document, I acknowledge being informed of the possible strenuous nature of the program and the potential for unusual, but possible physiological results including, but not limited to, abnormal blood pressure, fainting, heart attack or death. I further understand that accidents and injuries can arise; knowing the risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless Empowered Personal Training Studio (Empowered, llc), the owners, instructors and all persons associated with Empowered Personal Training Studio who might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. This agreement shall be interpreted, construed and enforced in accordance with the laws of the state of North Carolina

Signature: _____ Date: _____