

Blue Mountain Fitness and Yoga

WAIVER OF LIABILITY

I, _____ (full name), the undersigned, have enrolled in a yoga or training program of strenuous physical activity, which may include, but is not limited to, yoga postures, aerobic conditioning, strength training and flexibility training, and outdoor fitness activities offered by Jessica Carson and Blue Mountain Fitness and Yoga. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in any physical fitness program. I acknowledge that I have either had a physical examination or been given my physician's permission to participate, or that I have decided to participate in activity and use of equipment and exercises without the approval of my physician and do hereby assume all responsibility for my participation and activities.

In consideration of my participation in these personal training exercise session(s), the undersigned, for myself, my heirs and assigns, hereby release Jessica Carson and Blue Mountain Fitness and Yoga from any liability now or in the future, including but not limited to heart attacks, muscle strains, pulls or tears, shin splints, knee, back or foot injuries, however caused, occurring during or after my participation in personal training session(s).

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

DATE: _____

CLIENT SIGNATURE: _____ (parent if younger than 18 years of age)

TRAINER'S SIGNATURE: _____