



URBAN BODY  
fitness

## PERSONAL TRAINING LIABILITY WAIVER

**Please be aware that you have requested the services of a personal trainer who is an independent contractor of Urban Body Fitness, and that Urban Body Fitness is in no way responsible for these services. The personal trainer may, at any point, leave Urban Body Fitness for any reason, and Urban Body Fitness cannot be held responsible for any unused services, or reimbursement of any unused services. If your trainer does leave Urban Body Fitness before services are rendered, and your membership is still active, Urban Body Fitness will do everything we can to help you find another trainer.**

**We recommend that you consult your physician before starting any exercise program. Please feel free to ask your personal trainer any questions you have concerning your fitness and lifestyle goals.**

I hereby affirm that I am in good physical condition and do not suffer from any mental or physical disability which would prevent or limit my participation in training with an independent contractor (personal trainer) at URBAN BODY FITNESS. \_\_\_\_**(Initial)** I understand that I am participating in a program of strenuous physical activity including but not limited to aerobic dance, weight training, stationary bicycling, and other aerobic and anaerobic conditioning classes and machines offered by URBAN BODY FITNESS.

I understand and am aware that strength, flexibility, aerobic and anaerobic exercise including the use of exercise equipment, and any program my trainer may involve me in are potentially hazardous activities. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities. I hereby agree to expressly assume and accept any and all risk of injury and death. \_\_\_\_**(Initial)**

In consideration of my participation in training with an independent contractor (personal trainer) at URBAN BODY FITNESS, I, for myself, my heirs and assigns, hereby release URBAN BODY FITNESS, its employees, independent contractors, officers and owners from claims, demands, and any causes of action arising from my participation in any personal training program at URBAN BODY FITNESS. \_\_\_\_**(Initial)** I fully understand that I may injure myself as a result of my participation in any personal training program at URBAN BODY FITNESS, and hereby release URBAN BODY FITNESS from any liability now or in the future including but not limited to heart attacks, muscle strains, broken bones, shin splints, back injuries, or soreness, occurring during or after my participation in the personal training program.

This agreement constitutes the sole and entire agreement between Urban Body Fitness, Inc. and myself in regards to the personal training program described above. No other agreement exists between us, and Urban Body Fitness, Inc. has made no representations to me, verbally or in writing, about such personal training program except as stated herein.

**I hereby affirm that I have read and understand fully all the above.**

\_\_\_\_\_  
Print Member Name

\_\_\_\_\_  
Trainer Name

\_\_\_\_\_  
Member Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date