

Waiver of Liability

I hereby certify, covenant, and agree as follows:

1. I am in good physical condition and am able to participate in exercise and fitness activities without any medical restrictions. I will do all exercise and participate in all activities at my own pace and at my own risk.
2. I grant permission for first aid and/or C.P.R. to be given to me in an emergency and I will be solely responsible for any medical costs or expenses which may arise as a result thereof, or as a result of my participation.
3. I understand that in participating in one or more exercise or fitness activities there is a possibility of accidental or other physical injury or of loss or damage to my personal property. I agree to assume all risk of such injury or loss of or damage to my property, and further agree to indemnify and hold harmless Natalie Bayersdorfer/The Calorie Zone LLC and/or any partners, employees, personnel, or agents thereof from any liability, loss, cost, damage, expense, claim, or suit whatsoever for any and all injury, loss, illness, harm, cost, expense, claim, suit or damage resulting from or related to my participation.

Name & Email (please print): _____

Signature/Date: _____