





**WAIVER AND RELEASE FROM LIABILITY FOR PERSONAL TRAINING**

I, \_\_\_\_\_ Hereby waive and release, hold harmless and forever discharge Advanced Fitness & Wellness and all its agents, employees and affiliates of and from all claims, demands, causes of action, damages and liabilities of every kind and nature, arising from or in any way related to my participation in any of the events or activities conducted by Advanced Fitness & Wellness, provided that this waiver of liability does not apply to any gross negligence or intentional or willful misconduct.

I understand that the activities in which I will participate are inherently dangerous and can cause serious injury including bodily injury, damage to personal property and/or death. I waive all claims of injury to my body and or property and death that I may have against the aforementioned company pertaining to such activity, including claims in tort, contract, equity, or otherwise.

I acknowledge, agree and represent that I understand the nature of the training and its activities and that I am qualified, in good health, and in proper physical condition to participate in the related activities. I further agree and warrant that if at any time I have questions or feel unsafe, I will immediately discontinue further participation in the activities.

My signature is proof of my intention to execute a complete and unconditional waiver and release of all liability to the fullest extent of the law. I am at least 18 years old and am mentally competent to enter into this agreement. (If you are not at least 18 years old, please have a parent or guardian sign.)

\_\_\_\_\_,  
Date

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Parent/Guardian Signature