



Waiver & Release Form

Because physical exercise can be strenuous and subject to risk of serious injury, I urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity.

You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician before undergoing any dietary or food supplement changes.

You agree that you are voluntarily participating in these activities/services, use of facilities and premises you assume all risks. Specific risks vary from one activity to another and the risks range from minor injuries to major injuries, illness and death. In consideration of your participation in the activities offered by; Katherine Hukari, Kristofer Hukari, MTROSE Fitness, that you understand are voluntarily and you accept these risks and agree that Katherine Hukari, Kristofer Hukari, MTROSE Fitness will not be liable for any injury, including, without limitation, personal, bodily, or mental injury, economic loss or any damage to you, your spouse, your child, guests, unborn child, or relatives.

Katherine Hukari, Kristofer Hukari, MTROSE Fitness, is not liable for any property that is damaged, lost or stolen while services are being performed.

You acknowledge that you have carefully read this "waiver and release form" and fully understand that it is a release of liability. You expressly agree to release and discharge the trainer or instructor from any and all claims or causes of action and agree to voluntarily give up or waive any right that you may otherwise have to bring to legal action against the trainer, instructor for personal injury or property damage.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence.

If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be valid, then the remainder of this release from liability

shall remain in full force and effect, and the offending provision or provisions severed here from.

Cancellation policy is 24 hours in advanced to avoid being charged for your Personal Training session.

Initial

By signing this release, I acknowledge that I understand its content and that release cannot be modified orally.

Signature _____ Date _____

Print Name _____

Signature of Guardian _____ Date _____