

# *Centsible Fitness & Wellness, LLC*

## **Release from Liability by Adult Regarding Participation in a Fitness Program, Yoga Program, Health, or Life Coaching**

This Agreement made this \_\_\_\_\_ (date), between **Andrea Hodak, ACE Certified Personal Trainer**, owner and sole proprietor of **Centsible Fitness & Wellnes, LLC**, hereinafter referred to as **Trainer**, and \_\_\_\_\_ (name of client), who resides at \_\_\_\_\_ (street address, city, state, zip code), hereinafter referred to as **Client**.

Whereas, **Trainer** is a Certified Personal Trainer who primarily works with her clients at their home and/or remotely via online training; and

Whereas **Client** desires to retain **Trainer** to serve as his/her Personal Trainer instructing and overseeing an exercise program for **Client**; and

Whereas, **Trainer** requires potential clients to sign a release prior to agreeing to serve as **Client's** Personal Trainer;

Now, therefore, for and in consideration of being allowed to participate in fitness conditioning activities designed and overseen by **Trainer** including, but not limited to: 1) cardiovascular endurance exercises, such as walking, running, cycling, HIIT, Tabata, circuit training, etc. 2) strength training, such as weight lifting and body weight exercises. 3) Mobility and flexibility, such as yoga and stretching to improve joint range of motion. The undersigned Participant does hereby release **Trainer** from any liability which may or could occur by reason of any personal injury or property damage suffered by **Client** regardless of the cause of such personal injury or property damage.

The undersigned **Client** understands that he/she will be voluntarily participating in activities which may expose him/her to some level of risk or injury, and **Client** represents that he/she is aware of the nature of these activities and agrees to accept any and all risks associated with the participation in these activities.

The undersigned represents that I am in good physical health, and agrees that unless I notify **Trainer** in writing that I am unable to participate in an activity due to some physical or mental considerations, I will be allowed to participate in all such training programs. Furthermore, in consideration of **Trainer** allowing me to participate in these activities, I agree to hold **Trainer**

harmless and indemnify **Trainer** against loss (including attorney's fees) from any and all claims of negligence, demands, rights, or causes of actions of any kind or nature that may hereafter at any time be made or brought by me or on my behalf for any known or unknown, foreseen or not foreseen bodily or personal injuries, damages to property and consequences thereof which may be sustained by me as a direct or indirect result of participating in the aforementioned fitness and training activities.

**CAUTION: PLEASE READ BEFORE SIGNING**

By signing below, I acknowledge that I understand that I am entitled to have an attorney of my own choosing to review this release prior to signing. I have read the foregoing release in its entirety and understand that I am signing a complete and perpetual release and bar to any and all claims of negligence as defined above resulting from my participation in the activities described above

**Witness my signature as of \_\_\_\_\_ (date)**

\_\_\_\_\_  
**(printed name of client)**

\_\_\_\_\_  
**(signature of client)**