

# Group Fitness Class

## Consent and Waiver Agreement

Please read this Consent and Waiver Agreement ("Agreement") carefully before participating in any group fitness class.

### 1. Voluntary Participation

I acknowledge that my participation in the group fitness class is voluntary. I understand the nature of the activities involved and believe that I am physically able to participate.

### 2. Health and Medical Considerations

I represent that I am in good physical condition and have no medical conditions that would prevent my full participation in the class. I understand it is my responsibility to consult with a physician regarding any health concerns prior to participating.

### 3. Assumption of Risk

I understand that participating in group fitness classes involves risks of injury, including but not limited to muscle strains, sprains, and other physical injuries. I willingly accept and assume all such risks.

### 4. Release of Liability

I hereby release, discharge, and hold harmless the instructor and facility from any and all liability, claims, or causes of action, including injury or damages arising from my participation in the class.

### 5. Miscellaneous

I affirm that I am at least 18 years of age, or, if under 18, I have obtained the required consent from my parent or guardian as indicated below. I have read and understood this Agreement and agree to be bound by its terms.

Participant Name

Signature

Date

Parent/Guardian Name (if under 18)

Parent/Guardian Signature