

Group Exercise Waiver & Release Form

Please read and sign this waiver before participating in any group exercise activity. This form is required to ensure your safety and the safety of others during all sessions.

Participant Information

Full Name:

Email:

Emergency Contact Name:

Emergency Contact Phone:

Waiver & Release

By signing below, I acknowledge the following:

- I am voluntarily participating in group exercise activities offered, and I understand that there are inherent risks associated with physical activity and exercise, including but not limited to injury or medical events.
- I certify that I am physically fit to participate and will consult a physician if necessary.
- I agree to follow all instructions and rules provided by the group leader/instructor.
- I hereby release and discharge the organizers, instructors, and facility from all claims or liabilities for injuries or illness incurred during participation.

I have read, understood, and agree to the waiver and release above.

Participant Signature

Date
