

XTREME Fitness Studio, LLC

Release of Liability Form

I, _____, hereby accept all risks associated with my participation in XTREME Fitness Studio programs /classes/ trainings and release and forever discharge XTREME Fitness Studio, its personal trainers/instructors, and any other officers, agent or volunteers of XTREME Fitness Studio from any and all responsibilities or liability from injuries or damages resulting from or connected with my participation in any of the exercise programs whether arising from the negligence of the releases or otherwise.

I also acknowledge that some exercise programs might be held outside of the XTREME Fitness Studio, and hereby accept all risk associated with all offsite exercise programs / classes / trainings.

I understand that a physician's approval is highly recommended prior to participating in this program.

XTREME Fitness Studio and its employees will implement the most effective principals to help the participant achieve his or her goals within the trainer's scope of practice, but cannot guarantee that its products and services, programs, techniques and materials embodied in such products and services, are offered without warranties or guarantees of any kind, expressed or implied, and the trainer, XTREME Fitness Studio and its employees disclaim any liability, loss or damages that may result from their use.

I acknowledge and fully understand that I will be engaging in training activities that potentially involve the risk of serious injury, permanent disability or death. Further, that there may be other risks not known or not reasonably foreseeable at this time. I hereby assume full responsibility for all the foregoing risks, known and unknown, and accept responsibility for the damages following any injury, permanent disability or death.

I have read this document in its entirety and agree to adhere to all its precepts, as well as all other terms and conditions of the XTREME Fit Studio and Classes / Training Programs. I understand the risks and benefits of the programs and any questions that I may have had have been answered to my satisfaction. Upon participation, I do hereby discharge, release and hold harmless the trainer, XTREME Fit Studio and its employees, and any other officers, agent or volunteers from any and all liability for damage claims or losses of any kind or character whatsoever resulting from any injury or condition I may suffer, or resulting from my participation.

Participant's Signature, Date

Signature of Parent/Legal Guardian, Date
(If participant is under the age of 18)