

Personal Training Liability Waiver

This is a waiver of liability form. By signing below you affirm the following:

- You are voluntarily starting a course of instruction in physical fitness and performance training (the “**Activity**”) under the guidance of a trainer from [Core Fitness by Naz LLC] (the “**Trainer**”).
- You understand participating in the Activity poses risks, both known and unknown, such as, without limitation, physical or emotional injury and pain, or even death in extreme cases. You are willingly and voluntarily assuming these risks in participating in this Activity.
- You understand you are responsible for seeking medical advice and approval to participate in the Activity from your own healthcare provider. The Trainer is not your healthcare provider. If you have any restrictions or limitations to participating in the Activity due to a health condition, it is your responsibility to communicate this information to your Trainer. You agree you are assuming all risks associated with participating in the Activity relating to your health conditions, and the Trainer and Core Fitness by Naz LLC are not liable for any damage that may arise from participating in the Activity associated with your health condition.
- Further, You, on behalf of yourself and Your heirs, executors, assigns, and personal representatives, hereby to the fullest extent permitted by applicable law expressly release and waive all claims against Core Fitness by Naz LLC, its affiliates, Trainers, managers, staff, agents, attorneys, and representatives, that may arise now or in the future in consideration of the right to participate in the Activity and receive services from Core Fitness by Naz LLC.
- You further acknowledge that you have carefully read this form, fully understand and agree with its contents, and understand that it is a release of liability. Again, you expressly agree to release and discharge the Trainer and Core Fitness by Naz LLC 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 a legal action for personal injury or property damage.

Client Printed Name: _____

Client Signature: _____

Date: _____