

**Waiver of Informed Consent**

“I \_\_\_\_\_, have enrolled in a program of strenuous physical activity including, but not limited to, body weight training, jogging, athletic drills, pilates, yoga fusion and the use of various outdoor elements. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program.”

“In consideration of my participation in Danielle Klassen’s exercise program, I, \_\_\_\_\_, for myself, my heirs and assigns, hereby release Danielle Klassen and Staff of Designer Fitness from any claims, demands and causes of action arising from my participation in the outdoor bootcamp exercise program,”

“I fully understand that I may injure myself as a result of my participation in the exercise program and I, \_\_\_\_\_, hereby release the trainers from any liability now or in the future including, but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower-back/foot injuries, and any other illness, soreness, or injury, however caused, occurring during or after my participation in the exercise program.”

I also recognize that this 6 week program is non refundable and will start promptly at the designated times. It is an outdoor program that will run rain or shine, so I will ensure that I am dressed appropriately and will bring tools required for the program (including water, snacks and towel).

**Release and Indemnity**

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless:

Danielle Klassen and the Staff of Designer Fitness

and his/her representative and agents from any injury, loss or damage to my person or property howsoever caused, arising out of or in connection with my taking part in personal training activities and not withstanding that the same may have been contributed to or occasioned by the negligence of the above personal trainer or their representative or agents.

I am in right mind and I adhere and understand the above

Print Name \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_ Contact Info \_\_\_\_\_