



Liability Waiver

I _____ do hereby consent to participate in a personal training program that will include weight training and/or cardiovascular exercise. Because physical exercise can be strenuous and subject to risk of serious injury (including but not limited to musculoskeletal injury, spinal injuries, abnormal blood pressure responses, and rare instances heart attack or death), it is urged that I obtain physical examination from a doctor before using any exercise equipment or participating in any exercise activity. I agree that by participating in physical exercise or training activities, I do so entirely at my own risk. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are My responsibility and I should consult a physician prior to undergoing any dietary or food supplement changes. I agree that I am voluntarily participating in these activities and assume all risks of injury, illness, or death. Mark Slater Fitness is not responsible for any loss of my personal property. This waiver and release of liability includes, without limitations, all injuries which may occur as a result of; a) My use of all equipment at with Mark Slater Fitness and my participation in any activity, personal training, supervision, or instruction, b) the sudden and unforeseen malfunctioning of any equipment c) our instruction, training, supervision, or dietary recommendations and d) My slipping and/or falling while with Mark Slater Fitness, on the premises, including adjacent sidewalks and parking areas. I acknowledge that I have carefully read this “waiver and release” and fully understand that it is release of liability. I expressly agree to release and discharge the trainer/instructor from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I may otherwise have to bring a legal action against the Mark Slater Fitness for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence. If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from. I fully understand that all purchases made are final and refunds are not granted. I understand that sessions purchased do not expire and may be transferred to another party.

Media Release:

I thee undersigned give Mark Slater Fitness and those acting within it’s authority the unqualified right to reproduce, copyright, publish, circulate or otherwise use any still photographs, videotapes, and or audio tapes of me produced by Mark Slater Fitness on it’s behalf by any other person. This authorization and release covers the use of all said still photographs, films, videotapes, and/or audio tapes in any published form and any media of advertising, publicity, or trade, in any part of the world for an unlimited period of time.

I also agree that I may be identified by name, and I fully understand that this is a complete release of all claims against Mark Slater Fitness or any other person, firm, or corporation by reason of any such use of still photographs, videotapes, and or audio tapes.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Print Name: _____

Signature: _____

Guardian Signature: _____

Dated: _____