

Team Mix Fit

Fitness Classes Waiver & Release Form

Name: _____

Address: _____

Phone #: _____ E-Mail: _____

Known injuries: _____

Would you like to be on our E-list to receive notifications and specials?

Yes

No Thanks

Because physical exercise can be strenuous and subject to risk of serious injury, Team Mix Fit urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (PRINT NAME _____) agree that if you engage in any physical exercise, activity, classes or use any amenity on Team Mix Fit premises or off premises including any event or activity sponsored by Team Mix Fit, you do so entirely at your own risk.

Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risk of injury, illness, or death. We are also not responsible for any loss of your personal property. This waiver and release of liability includes, without limitation, all injuries which may occur as a result of; (a) your use of all amenities and equipment in the Team Mix Fit facility and your participation in any activity, class such as Fitness Kickboxing, R.I.P.P.E.D, Yoga, Cize Live, LeBarre, Boot-camps, Hula Hoop Fitness, and all programs provided by Team Mix Fit, personal training or instruction, (b) the sudden and unforeseen malfunctioning of any equipment (c) our instruction, training, supervision, or dietary recommendations and (d) your slipping and/or falling while in the studio, or on Team Mix Fit premises, including adjacent sidewalks and parking areas.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a release of liability. You expressly agree to release and discharge Team Mix Fit, and all affiliates, employees, agents, representatives, successors or assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any rights that you may otherwise have to bring a legal action against Team Mix Fit for personal injury or property damage. To the extent that statutory or case law does not prohibit releases for negligence, this release is also for negligence on the part of Team Mix Fit, its agents, and employees.

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 served here from.

I, the undersigned, do hereby grant permission to Team Mix Fit to use my name, portrait, and /or picture for advertising purposes or for purposes of trade. Such use may include, but is not limited to the display, distribution, publication, transmission, or broadcast of photographs and/or video taken of me while participating in the classes and/or facility, whether in printed media or electronic media, such as on the Team Mix Fit website.

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

Signed: _____

Printed Name: _____

Date: ____/____/____