

BODY BASICS

Workout Facility

Waiver and Release Form

BODY BASICS WORKOUT FACILITY urges all clients to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise class. All exercises, training and/or instruction, including the use of weights and use of any and all machinery, equipment and apparatus designed for exercise shall be at the client's sole risk. Client understands that the participation in an exercise program and the agreement to use methods and types of equipment shall be the client's entire responsibility and **BODY BASICS WORKOUT FACILITY** shall not be liable to client or of the services' facility and premises of the club. Client hereby holds **BODY BASICS WORKOUT FACILITY**, its owner and self-employed personal trainers, harmless from all claims which may be brought against them by client or on client's behalf for any such injuries or claims.

I have read and understand all of the rules outlined in the policy sheet.

Client's Signature

Date