

Liability Waiver Declaration

Date: _____

To Whom It May Concern,

I, [Participant's Full Name], hereby declare that I am voluntarily participating in fitness classes conducted by [Company/Instructor's Name] at [Location].

I acknowledge that there are inherent risks associated with physical exercise and participation in fitness activities, including but not limited to injury, disability, or death. Knowing these risks, I willingly choose to participate.

I release and hold harmless [Company/Instructor's Name] and its employees, agents, and representatives from any and all liability for any injury or damages that may occur during my participation in fitness classes.

I have read this waiver and fully understand its contents. I am aware that I am waiving my legal rights and liabilities.

Signature: _____

Print Name: _____

Date: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____