

# Negligence Liability Waiver Request

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

To: [Fitness Program Director's Name]

[Fitness Program Name]

[Fitness Program Address]

[City, State, Zip Code]

## **Subject: Negligence Liability Waiver Request for Fitness Programs**

Dear [Fitness Program Director's Name],

I hope this message finds you well. I am writing to formally request a negligence liability waiver for participation in your fitness programs. As a responsible participant, I understand that engaging in physical activities involves certain risks, including but not limited to physical injury, and I wish to acknowledge and agree to these terms.

In consideration of being allowed to participate in your fitness programs, I agree to waive any and all claims against [Fitness Program Name], its instructors, staff, or affiliates, for any injuries or damages that may occur as a result of my participation. I have read and understood the risks involved and consent to assume full responsibility for any injuries that may arise during my time in the program.

Please let me know if there are any further documents or procedures required to formalize this waiver. I appreciate your attention to this matter and look forward to enjoying the fitness programs.

Thank you for your time.

Sincerely,

[Your Name]