

Columbus Fitness & Fitness Fusion

Liability Waiver

“I am participating in physical activity by attending fitness classes and or a 24/7 fitness facility offered by Columbus Fitness & Fitness Fusion. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this class.”

“In consideration of my participation in fitness classes, I for myself, my heirs and assigns, here-by release Columbus Fitness & Fitness Fusion from any claims, demands and causes of action arising from my participation in this exercise program.”

“I fully understand that I may injure myself as a result of my participation in the fitness classes or using any equipment (including exercise machines) and I here-by release Columbus Fitness and Fitness Fusion from any liability now or in the future including, but limited to, heart attacks, muscular sprain-strains, musculoskeletal injuries, any low back disorder, or any other illness, soreness, however caused during or after my participation in this class.”

I here-by affirm that I have read and fully understand the above. I understand that with any exercise or workout there is risk of injury.

Date- _____

X _____ (Print Name) X _____ (Witness)