

Fitness Class Consent and Injury Waiver Form

Ensure participant safety and legal protection with this **fitness class consent** and injury waiver form sample. It clearly outlines the risks involved and secures informed consent before engaging in any physical activity. Using this form helps gyms and instructors mitigate liability and promotes responsible fitness participation.

Participant Information

Full Name:

Date of Birth:

Phone Number:

Emergency Contact Name:

Emergency Contact Phone:

Health Information

Do you have any medical conditions or injuries we should be aware of?

Are you currently taking any medications?

Consent and Waiver

I understand that participating in fitness classes involves physical activity, which may result in injury. I confirm that I am voluntarily participating in this class and assume all risks associated with participation. I have consulted with a physician if I have any health concerns. I hereby waive, release, and discharge the gym/instructor from any and all claims or liabilities for injuries or damages arising out of my participation.

☐ I have read and agree to the terms above.

Signature:

Date:

Submit