

Fitness Class Waiver Form Sample

A **fitness class waiver form sample** provides a template to ensure participants acknowledge the risks involved in physical activities and agree not to hold the gym liable. This document is essential for protecting fitness instructors and facilities by outlining participant responsibilities. Using a clear and legally sound waiver improves the safety and professionalism of fitness programs.

Fitness Class Waiver and Release of Liability

Participant Name:

Date:

Waiver and Release:

I, the undersigned participant, acknowledge that I am voluntarily participating in fitness classes offered by [Gym/Instructor Name]. I understand that physical activity involves inherent risks of injury, and I assume full responsibility for any injuries or damages incurred during participation. I hereby waive, release, and agree to hold harmless [Gym/Instructor Name], its instructors, employees, and affiliates from any liability, claims, demands, or causes of action for injuries or damages arising out of my participation.

☐ I have read and fully understand this waiver and voluntarily agree to its terms.

Participant Signature:

Submit

This sample is for informational purposes and should be reviewed by legal counsel before use.