

Injury Waiver Form for Fitness Classes

This **injury waiver form** sample is designed specifically for fitness classes, providing a straightforward way to acknowledge potential risks. It ensures participants understand and accept responsibility for their safety during workouts. Use this form to protect your fitness business and maintain clear communication with clients.

Participant Information

Full Name:

Date of Birth:

Phone Number:

Email Address:

Waiver and Release of Liability

I, the undersigned, acknowledge that participating in fitness classes involves physical activity that may result in injury. I knowingly and freely assume all risks, both known and unknown, and I voluntarily agree to participate. I release and hold harmless the fitness instructor(s), staff, and business from any liability or claims related to personal injury, property damage, or loss arising from participation in these classes.

I certify that I am physically fit and have not been advised otherwise by a qualified medical professional.

☐ I have read, understand, and agree to the terms above.

Signature:

Date:

Submit Waiver