

Customized Activity Waiver Form Sample for Fitness Classes

Our **customized activity waiver form** sample is designed specifically for fitness classes to ensure legal protection and participant safety. This template clearly outlines the risks involved and obtains informed consent from clients. It is essential for fitness instructors to use a tailored waiver that addresses the unique requirements of their classes.

Fitness Class Activity Waiver and Release of Liability

Participant Information

Name:

Address:

Phone Number:

Email:

Assumption of Risk

I understand and acknowledge that participation in fitness classes provided by [Instructor/Facility Name] carries certain inherent risks, including but not limited to physical injury, illness, or aggravation of existing medical conditions. I voluntarily assume all risks associated with participation.

Medical Clearance

I affirm that I am physically fit to participate in fitness activities and have not been advised otherwise by a qualified medical professional.

Release of Liability

In consideration of my participation, I hereby waive, release, and discharge [Instructor/Facility Name], its employees, agents, and representatives from any and all claims, liabilities, or expenses resulting from my involvement in fitness classes.

Emergency Contact

Name:

Relationship:

Phone Number:

By signing below, I acknowledge that I have read, understood, and agree to the terms in this waiver form.

Participant Signature: _____ Date: _____

(For participants under 18)

Parent/Guardian Signature: _____ Date: _____