

# Liability Waiver Form for Fitness Classes

A **liability waiver form** sample for fitness classes ensures participants acknowledge and accept potential risks during physical activities. This document protects instructors and facilities by clearly outlining the terms of responsibility. Using a well-crafted waiver promotes safety and legal security for all parties involved.

## Sample Liability Waiver Form

**Participant Name:**

**Date:**

### Waiver of Liability and Assumption of Risk

I, the undersigned, acknowledge that participation in fitness classes involves inherent risks, including but not limited to, physical injury, accidents, or other health complications. I voluntarily assume all such risks for myself.

I release and discharge the instructor(s), staff, and facility from any liability, claims, demands, or causes of action resulting from my participation in these fitness classes.

I certify that I am physically fit to engage in such activities and have consulted a physician if necessary.

I have read, understood, and accept the terms of this liability waiver.

**Signature:**

**Submit**