

Release of Liability Waiver Form Sample for Fitness Classes

Download our **release of liability waiver form sample** designed specifically for fitness classes to ensure participant safety and legal protection. This customizable document clearly outlines the risks involved and obtains consent from attendees before participation. Utilizing this waiver helps instructors maintain a professional and secure environment.

Release of Liability Waiver

Participant Name: _____

Address: _____

Phone: _____ **Email:** _____

Date of Birth: _____

Fitness Class Details

Class Name: _____

Instructor Name: _____

Date(s) of Class: _____

Release of Liability

I, the undersigned participant, understand that participation in fitness classes may involve a risk of injury. By signing this waiver, I voluntarily assume all risks associated with these activities, including but not limited to muscle strains, sprains, physical injury, or other unforeseen health issues.

I hereby release, waive, discharge, and covenant not to sue the instructor, organizers, facility, and affiliates from any and all liability, claims, demands, actions, or causes of action resulting from any injury or loss that may be sustained during or as a consequence of participation in these classes.

I confirm that I am physically able to participate and have consulted with a physician if necessary. I agree to abide by all rules and follow the instructor's guidance at all times.

Participant Signature: _____ **Date:** _____

Parent/Guardian Signature (if under 18): _____ **Date:** _____

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