

Release and Waiver Form Sample for Fitness Classes

A **Release and Waiver Form** sample for fitness classes is essential to protect instructors and facilities from liability. It clearly outlines participant responsibilities and acknowledges potential risks associated with physical activities. Using this form ensures legal compliance and promotes a safe workout environment.

Sample Release and Waiver Form

Participant Name: _____

Address: _____

Phone Number: _____

Email Address: _____ <

Release of Liability, Waiver of Claims, Assumption of Risks, and Indemnity Agreement

I, the undersigned, acknowledge and agree that participation in fitness classes and related activities involves inherent risks including, but not limited to, risk of personal injury, property damage, and possible death.

By signing below, I hereby voluntarily assume all such risks and agree to release and discharge [Instructor Name / Facility Name] from any and all liability, claims, demands, actions, or causes of action, including those caused by negligence, arising out of or related to my participation in any fitness classes or use of the facility.

I certify that I am physically fit to participate and have not been advised otherwise by a health care professional.

I authorize emergency medical treatment if necessary.

I have read this release and waiver form, fully understand its terms, and agree to its conditions.

Participant Signature

Signature: _____

Date: _____

Parent/Guardian Consent (if participant is under 18)

Name of Parent/Guardian: _____

Signature: _____

Date: _____

Note: This is a sample form. Please consult with legal counsel to ensure compliance with your local regulations and requirements.