



Agreement of Release and Waiver of Liability

I, _____, hereby agree to the following:
Print full name above

1. That I am participating in private sessions or classes offered by **Yvette Salva Fitness** during which I will receive information and instruction about fitness. I recognize that fitness programs require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the classes that I am taking with **Yvette Salva Fitness** I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in these classes, programs or workshops.
3. In consideration of being permitted to participate in private sessions or classes with **Yvette Salva Fitness**, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, that I might incur as a result of participating in the program. I further confirm that I have fully disclosed to **Yvette Salva Fitness** all my injuries and illnesses past and present. In addition, I agree to report any changes in my physical condition to **Yvette Salva Fitness** immediately. And, if I feel any discomfort in performing a given exercise, I understand that it is my responsibility to stop and inform my instructor immediately.
4. In further consideration of being permitted to participate in private sessions and classes with **Yvette Salva Fitness**, I knowingly, voluntarily and expressly waive any claim I may have against **Yvette Salva Fitness** for injury or damages, including but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/neck/foot injuries and any other illness, soreness or injury, however caused, that I may sustain as a result of participating in the program.
5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue **Yvette Salva Fitness** (Yvette Salva, Cris Nieratko, LaVerne White, Shannon Wardrop, Sandra Duhkopp) its affiliates, contractors, employees, agents, representatives, successors, and assigns) for any injury or death caused by their negligence or other acts.
6. I understand that **Yvette Salva Fitness** has the right to refuse service to anyone they feel is inebriated or drugged or whom they feel may be in a compromised state rendering them unfit for exercise or other services offered by **Yvette Salva Fitness**.
7. I understand that **Yvette Salva Fitness** has a 24-hour appointment cancellation policy and that a full session fee will be charged for cancellations with less than 24-hour advanced notice. _____ (initial)

I hereby affirm that I have read the above release and waiver of liability and fully understand its contents. Intending to be legally bound hereby, I voluntarily agree to the terms and conditions stated above.

Signature of Participant

Date

If participant is under the age of 18 as legal guardian of: _____

Name of Minor

I consent to the above conditions.

Signature of Parent/Guardian of Participant

▪ **EMAIL:** _____