



## 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, 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.***

## Policies & Procedures

### **Cancellation Policy for All Services**

Clients are asked to call 24 hours in advance of the scheduled training session. You will be charged for appointments cancelled with fewer than 24 hours notice. This cancellation policy is really important for a personal training studio like YSF because while a medical doctor can see 35 patients in a day, personal trainers like us generally sees a maximum of 6 or 7. We reserve for you, our clients, a 30 minutes to an hour of our time for a session. Since the scheduling of an appointment involves the reservation of this time, a cancellation within 24 hours usually leaves YSF unable to re-fill that spot, and therefore we lose 30–60 minutes of our work day. None of the trainers here at YSF are upset with clients when they miss an appointment. We know that's life. In return, our clients understand that scheduling an appointment with us is like buying tickets to an event. If you miss the event, it doesn't matter why you missed it, or even if it was your first time, you can't turn in your tickets for a refund.

### **PAR-Q & Medical Clearance**

A medical clearance form is required of all participants who answer "yes" to any of the seven PAR-Q questions. Note: Personal training staff reserve the right to require medical clearance from any client they feel may be at risk.

### **Sessions Explained**

All personal training sessions are 30..45..or 60 minutes in length. You can choose from Personal training or Small group training which is 60 minutes.

### **Attire**

Come prepared to each training session in proper workout attire and footwear (shorts, gym pants, T-shirt, sweatshirt, supportive sneakers).

### **Late Policy**

Clients are responsible for arriving on-time to their training sessions. Trainers are obligated to wait only 15 minutes (10 minutes for 30-minute sessions). After 15 minutes (10 minutes for 30-minute sessions), the trainer is not required to lead the remaining time of the session and the session may be lost.

### **Package Expiration/Refund Policy**

All personal training packages expire six (6) months from the date of purchase. All packages are non-refundable/non-transferable. If your trainer leaves YSF you will be given another trainer to cover your remaining sessions.

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:** \_\_\_\_\_