

RELEASE OF LIABILITY WAIVER AGREEMENT

You should not sign this document unless you have read it and understood its terms and conditions. By signing this agreement, you assume all risks and agree to waive your legal rights, including the right to sue.

Release of Liability, Hold Harmless, and Waiver Agreement

**THE FOLLOWING IS A RELEASE OF LIABILITY, HOLD HARMLESS and WAIVER AGREEMENT
READ IT BEFORE SIGNING BY AFFIXING MY SIGNATURE TO THIS DOCUMENT, I ATTEST,
CONTRACT, AND UNDERSTAND AND AGREE THAT I, MY HEIRS, and MY ESTATE ARE LEGALLY
BOUND BY ITS CONTENTS.**

I, the undersigned, hereby agree as follows:

I am aware that exercise can be physically stressful and in certain instances can even be harmful or fatal. I understand that I should consult with my personal physician before I begin or continue any exercise program. I fully understand and I am mindful of the serious consequences which might result due to my participating in fitness classes and I voluntarily assume any and all risk of loss, damage or injury of any kind whatsoever and from any cause whatsoever, including but not limited to negligence on the part of any person or persons.

I, acting in my own capacity on behalf of myself, my heirs and estate, do hereby:

(i) release Ana Marie Perez Inocencio / Ana4fitness and their heirs, and their estate, from any liability, claims, court actions or causes of action for any loss, damage or injury, from any cause whatsoever including without limitation negligence on the part of any person or persons, and of any kind whatsoever including without limitation personal injuries (including death) and or property damage, which I may suffer or cause to the person or property of other persons while participating in the fitness classes of Ana MArie Perez Inocencio / Ana4Fitness, and their heirs, and their estate, and

(ii) agree to indemnify, defend and hold harmless Ana MArie Perez Inocencio / Ana4Fitness, and their heirs, and their estate, their heirs, and their estate, from any and all liability, loss, costs, damages, claims, or causes of actions of any kind or nature whatsoever, and expenses, including attorney fees arising or claimed to have risen out of personal injuries or death, or property damage or loss, sustained by me and or caused by me as a result of my participation in the fitness classes of Ana Marie Perez Inocencio / Ana4Fitness, and their heirs, and their estate including without limitation due to negligence on the part of any person or persons.

I make the Release of Liability, Hold Harmless Waiver Agreement voluntarily and realizing the consequences of said waiver, indemnify, and such release. I certify that I am at least eighteen (18) years of age, medically sound, and physically fit to participate in fitness classes. I further certify that no oral promise, agreement, warranty or representation concerning safety or liability of the fitness classes of Ana Marie Perez Inocencio / Ana4Fitness, and their heirs, and their estate, has been made to me. I certify that I have read the foregoing information and understand it and any questions, which may have occurred to me, have been answered to my satisfaction,

I HAVE READ AND UNDERSTAND THIS DOCUMENT, AND BY AFFIXING MY SIGNATURE BELOW I AGREE THAT IT WILL LEGALLY BIND ME, MY HEIRS, AND MY ESTATE.

Print Name _____ Signature _____ Date _____

If under 18 Signature of Parent or Guardian _____ Date _____

HEALTH SCREENING QUESTIONNAIRE

Name of participant: _____

Email: _____

Phone: _____ Cell: _____ Age: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Emergency Contact & Phone#: _____

Do you smoke? _____

Are you pregnant? _____

Do you now or have you ever had: YES NO

Heart problems, chest pain, stroke _____

High blood pressure _____

High Cholesterol _____

Any chronic illness or condition (please explain briefly) _____

Diabetes _____

Epilepsy _____

History of breathing, lung problems, asthma _____ Recent surgery (past 12 months) _____

Arthritis _____

Back pain _____

Hernia or any condition that could be aggravated by lifting weights _____

Injuries to back, knees, ankles _____

Lightheadedness _____

Muscle, joint or back disorder, and previous injury still affecting you _____

Difficulty with exercise or exertion _____

Advice from doctor not to exercise _____

Other (please explain briefly) _____

Explanation:
