

VIBES

Personal Training - Mobile Gym - Studio Classes

Pre-exercise Informed Consent Form

(For Exercise and Fitness Program participation)

I, _____, voluntarily consent to engage in exercise and fitness training.

I understand that cardiovascular fitness will involve progressive stages of increasing effort and that at any time I may terminate the training for any reason.

I understand that during training I will be encouraged to work at maximum effort and that at any time I may terminate the training for any reason.

Even though I will be observed during training I understand that I am responsible for monitoring my own condition throughout the exercise and should any unusual symptoms occur, I will cease participation and inform the instructor of the symptoms. Such symptoms could include, but are not limited to: nausea; difficulty in breathing; chest discomfort and joint or muscle injury.

I understand that if an emergency situation occurs, I am financially responsible for any emergency services that may be necessary.

I agree to assume all risks of the fitness training and hereby release and hold harmless, VIBES Health & Fitness from any and all health claims, suits, losses or causes of action for damages injury or death, including claims for negligence, arising out of or related to my participation in the fitness training.

I have read the foregoing carefully, and I understand its content.

Signature _____ Date _____

Witness _____ Date _____