



Waiver of Liability

Group Fitness/Individual Fitness Training

I, the undersigned, acknowledge and agree to the following terms and conditions:

1. **Assumption of Risk:** I understand that participating in fitness activities, including group classes and individual training, involves inherent risks and dangers. These risks include, but are not limited to, the potential for physical injury, sprains, strains, or other health-related issues. I voluntarily assume all risks associated with participating in fitness activities at GPI.

2. **Physical Condition and Medical Clearance:** I acknowledge that it is my responsibility to ensure that I am physically capable and in good health to participate in fitness activities. I certify that I have no known medical conditions or limitations that would prevent me from safely participating. If there are any changes to my health or medical condition, I will inform GPI immediately. It is recommended that I consult with a healthcare professional prior to participating in fitness activities.

3. **Release and Indemnification:** I hereby release, discharge, and hold harmless GPI, its owners, instructors, employees, agents, and representatives from any and all liability, claims, demands, actions, or causes of action arising out of or related to my participation in group fitness classes and individual fitness training. I agree to indemnify and hold GPI harmless from any claims or losses incurred as a result of my actions or negligence during the fitness activities.

4. **Personal Responsibility:** I understand that it is my responsibility to listen to my body and exercise at an intensity that is appropriate for my fitness level. I will inform the instructor of any discomfort, pain, or limitations I may experience during the classes or training sessions. I will follow the instructions and guidelines provided by the instructors to ensure my safety and the safety of others.

5. **Personal Property:** I acknowledge that GPI is not responsible for any loss, theft, or damage to personal property while participating in fitness activities. I will be solely responsible for the safekeeping of my personal belongings.

6. **Consent to Use of Likeness:** I grant GPI the right to use photographs, videos, or other media of me participating in fitness activities for promotional purposes without compensation.

By signing below, I acknowledge that I have read and understand this waiver of liability, and I voluntarily agree to its terms and conditions.

Participant Name: _____

Participant Signature: _____

Date: _____