

# THRIVE TOTAL FITNESS

## WAIVER AND RELEASE FROM LIABILITY

I, \_\_\_\_\_ acknowledge that any fitness activities associated with the “THRIVE TOTAL FITNESS” athletic program may be an extreme test of my physical and/or mental capabilities. I hereby certify that I am fit to participate in any and all such activities and that such determination has been made by a qualified medical professional.

I acknowledge and understand that there are inherent and significant risks associated with my participation in the “THRIVE TOTAL FITNESS” athletic program including (but not limited to) the potential for serious personal injury caused by an event or any condition on or off of the facilities, of the equipment provided, and health risks such as light-headedness, fainting, increased or decreased blood pressure, chest discomfort, muscle cramps, broken bones, strains, sprains, bruises, concussion, hyperthermia, abnormal heart rate, soreness, nausea, heart attack, stroke and possibly death. I understand that such risks are relative to my personal level of fitness and health (physical, mental and emotional), and to the awareness, care and skill which I demonstrate while participation in the athletic activities.

I acknowledge further that any and all such activities also carry with them the potential from harm – both to myself and to my property, including (but not limited to) loss of or damage to my possessions.

I hereby certify that I understand and accept all risks associated with my participation in the “THRIVE TOTAL FITNESS” athletic program and I agree to hold harmless it’s management, staff, volunteers, any and all associated person(s) and/or entities from and against any and all liability for any harm to myself or to my property that may arise from my participation in this program.

### THRIVE TOTAL FITNESS POLICIES

- The scheduling and/or content of training workout may be changed on occasion due to circumstances beyond the control of THRIVE TOTAL FITNESS coaching and management staff.
- Payments to THRIVE TOTAL FITNESS are non-refundable and classes are non-transferable, however, participants are entitled to a credit (for unused portion of the training session) towards a future session if they are unable to complete the one they originally joined due to an injury or medical circumstance or any other unusual circumstance seeming reasonable to THRIVE TOTAL FITNESS staff.
- There will be a \$30 NSF fee charged in the event of a returned cheque.

I have read and fully understand the above waiver, release from liability and THRIVE TOTAL FITNESS policies and I agree to abide by the terms and conditions set forth therein.

Applicant signature \_\_\_\_\_

Print Name \_\_\_\_\_

Date \_\_\_\_\_