



Informed Consent, Waiver and Release Agreement for Physical Fitness Activity

Client Contact Information: (Please include parent/ guardian name if under the age of 18)

Name: _____ **MobilePhone:** _____

Full Address _____ **Email:** _____

In case of emergency, contact _____ **Phone:** _____

General Statement of Program Objectives and Procedures:

By signing this Waiver, I understand that this physical fitness program “The Program” provided in person or online using your own equipment or the equipment provided by Fitness On Fire NorCal includes exercises designed to build the cardio-respiratory system (heart and lungs), the musculoskeletal system (muscle endurance, strength, and flexibility), and to improve body composition (decrease of body fat with a possible increase in the weight of muscle and bone). Exercises may include aerobic activities (such as walking, running, jumping and squats), callisthenic exercises, plyometrics, resistance exercises and weight lifting. While the goal of the program is to achieve an improvement in fitness and health, there is no guarantee that participation in The Program will produce any specific results.

Description of Potential Risks:

I understand that participation in The Program has certain risks of injury. I understand that the personal trainer, Shelli Main of Fitness On Fire NorCal in Santa Rosa, and her associates (substitute instructors, The New Vintage Church, including all Church affiliates and husband Rob Main) shall not be liable for any damages arising from The Program. Clients using the exercise equipment during The Program do so at his/her own risk. Clients assume full responsibility for all injuries or damages which may occur during The Program or be related to doing The Program.

Special Limitation of Liability during the Coronavirus/COVID 19 Pandemic

Fitness On Fire NorCal is taking the coronavirus pandemic very seriously and plans to take the necessary measures to help reduce the spread of COVID-19; however Fitness On Fire NorCal cannot guarantee that you will not become infected with COVID-19. It is possible that attending classes may place you in close physical contact with other members, attendees and staff and could increase your risk of being exposed to or infected by COVID-19. This exposure or infection by COVID-19 may result in personal injury, illness, permanent disability, and death. You understand the risk of becoming exposed to or infected by COVID-19 at Fitness On Fire NorCal may result from the actions, omissions, or negligence of yourself or others, including, but not limited to Trainer Shelli Main, attendees of Fitness On Fire classes, New Vintage Church staff and attendees, or any substitute instructor that may cover a class.

I have read the forgoing information and understand it. Any questions which may have occurred to me have been answered to my satisfaction. I hereby fully and forever release, indemnify and hold harmless personal trainer Shelli Main of Fitness On Fire NorCal of Santa Rosa and associates from all claims, demands, damages and rights of action. I understand and warrant, release and agree that I am in good physical condition and that I have no disability, impairment or ailment preventing me from engaging in The Program. I state that I have had a recent physical checkup and have my personal physician's permission to engage in aerobic and/or anaerobic conditioning, resistance, endurance, and flexibility training.

I assign to Fitness On Fire NorCal any and all rights of ownership to the photographs/audio/video taken during Fitness On Fire NorCal activities, and agree that Fitness On Fire NorCal has full rights to use and publish the same in print and/or electronic format.

Signature of Client or (Parent/Guardian if under 18) _____ **Date** _____