Total Customized Fitness, LLC

TOTAL CUSTOMIZED FITNESS

HOLD HARMLESS AGREEMENT

In consideration of being allowed to utilize the equipment and facilities of and participate in the activities and programs of Total Customized Fitness, LLC, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge Total Customized Fitness, LLC, of Solon, its employees, any administrators charged with managing, providing or teaching fitness classes and events and all others from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities, or my use of equipment in the above mentioned activities. I do also hereby release all of those mentioned, and any others acting upon their behalf, from any responsibility or liability from any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, or in any way arising out of or connected with my participation in any activities.

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, are a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

Personal Training Cancellation Policy: Total Customized Fitness, LLC, requires **at least 24 hours notice of cancellation** by contacting the trainer directly. One grace period will be given in the event proper notice is not given.

Late Policy: Please contact the trainer directly if you will be late. Trainers are required to wait 15 minutes after a scheduled training time for the client to arrive for a session.

Participant Name: _____

Signature: _____ Date: _____

Parent Name (if participant is under 18): _____

Parent Signature (if participant is under 18): _____