

INFORMED CONSENT AND ASSUMPTION OF RISK

1. The Client enters into this Agreement with full knowledge of all risks and benefits associated with the Activities Under This Agreement. The Client certifies that the Client is of a legal age to enter into a contract, and is not mentally incapacitated. The Client certifies that she enters into this Agreement without duress, undue influence, and for valuable consideration.
2. The Client certifies she understands the risks associated with participation in the Activities Under This Agreement including, but not limited to physical injury resulting from the acts, omissions, and/or negligence of others. The Client certifies that the Client knows and fully understands the importance and relevance of all risks, and expressly and voluntarily assumes any and all risks associated with the Client’s participation in the Activities Under This Agreement, including but not limited to the activities of training; exercise; aerobics and aerobic conditioning and training; weight training; circuit training; cardiovascular exercise and training; use of machinery, training equipment, free weights, circuit machinery and cardiovascular machines; stretching; weight lifting; testing, including but not limited to testing of the cardiovascular system, heart rate, muscle strength, endurance, and flexibility; and any other training activities, techniques, and/or exercises. Further, the Client expressly and voluntarily assumes any and all risk associated with the Client’s participation in the Activities Under This Agreement, including but not limited to the risks of dizziness; strains and/or sprains; fractures of any kind; syncope (fainting); arrhythmia (alteration in heart rhythm); dyspnea (shortness of breath); angina pectoris (chest pain); myocardial infarction (heart attack); cerebrovascular accident (stroke); dysrhythmia (abnormal rhythm of brain waves or heart rhythm), and/or any other physical injury, due to any cause whatsoever.

RELEASE OF LIABILITY

1. Client certifies that the Client voluntarily agrees to participate in the Activities Under This Agreement, including but not limited to the activities of training; exercise; aerobics and aerobic conditioning and training; weight training; circuit training; cardiovascular exercise and training; use of machinery, training equipment, free weights, circuit machinery and cardiovascular machines; stretching; weight lifting; testing, including but not limited to testing of the cardiovascular system, heart rate, muscle strength, endurance, and flexibility; and any other training activities, techniques, and/or exercises. The Client further agrees to follow all rules set forth by Kenaz Life & Fitness Training.
2. In consideration of the privilege of participating in the Activities Under This Agreement, and the training services provided by Kenaz Life & Fitness Training, the Client for herself, her heirs, assigns, administrators, executors, and/or all members of her family including minors, waives, releases, holds harmless and forever discharges Kenaz Life & Fitness Training, its successors in interest, assigns, servants, agents, employees, independent contractors, associates, officers, directors, officials, owners, and any other participants in the Activities Under This Agreement, from any and all responsibility, liability, claims and demands of any kind and nature, damages, actions, causes of action of any kind, whether now known or unknown, or which the Client may have now, or which may hereafter accrue to the Client (collectively, the “Claims”), including but not limited to Claims based upon or related to dizziness; strains and/or sprains; fractures of any kind; syncope (fainting); arrhythmia (alteration in heart rhythm); dyspnea (shortness of breath); angina pectoris (chest pain); tachycardia (rapid heart rate over 100 beats per minute); myocardial infarction (heart attack); cerebrovascular accident (stroke); dysrhythmia (abnormal rhythm of brain waves or heart rhythm); and/or any other physical injury, due to any cause whatsoever, including the act of omission, negligence, or any other fault of Kenaz Life & Fitness Training, its successors in interest, assigns, servants, agents, employees, independent contractors, associates, officers, directors, officials, owners, and any other participants in the Activities Under This Agreement.

Kenaz Life & Fitness Training

By signing below, I certify that I have read and understood the above information and have had all my questions answered regarding the informed consent and release of liability form.

 PRINTED NAME

 DATE

 SIGNATURE

Photo and Video Release: In connection with my participation in Kenaz’ Life & Fitness Boot Camp (fitcamps4chicks), I consent to the use of my photograph and video or other likeness in the promotional and other materials of Kenaz’ Life and Fitness Training without payment or other consideration made to me.

 SIGNATURE