

Top Guns Fitness Exercise Class Waiver and Release of All Claims by Participant

I, _____ hereby consent to voluntarily engage in an exercise conditioning class that includes but is not limited to the following activities:

- Walking/jogging/running
- Going up and down stairs
- Jumping rope
- Lunging
- Balance work
- Calisthenics with medicine balls
- Barbell lifting
- Dumbbell lifting
- Exercise bands and tubing
- Stretching
- Abdominal work

The levels of exercise that I will perform will be at my own pace, based upon my cardio respiratory (heart and lungs) fitness, muscular strength and endurance. I understand that there may be risks associated with any exercise program. I hereby state that I will inform the trainer of Top Guns Fitness of any symptoms during my participation in the exercise program such as fatigue, shortness of breath, chest discomfort, or any pain or discomfort for my safety and benefit.

I will be given instructions on how to perform an exercise and will ask any questions of a Top Guns Fitness trainer if I do not understand. Top Guns Fitness trainers will provide leadership to direct my activities, monitor my performance, and otherwise evaluate my effort.

If I have high blood pressure, diabetes, a heart condition, or if I am taking any medications that will affect my performance in an exercise class, I will inform Top Guns Fitness trainers prior to participating in the class.

Important Note: Depending on my health status, if I am over 50 years of age, over 50lbs overweight, if I have any of the above conditions, or other medical conditions that would put me at risk in an exercise program, I will need a medical release from my doctor prior to participation in the exercise class and be required to wear a heart rate monitor.

I acknowledge that any type of exercise involves risk of injury. Top Guns Fitness shall not be liable for any injuries or damage to the undersigned, or the property of the undersigned, subject to any claim, demand, injury or damages whatsoever, including, without limitation, those damages resulting from acts of active or passive negligence on the part of the class participant.

It is agreed that Top Guns Fitness shall not be responsible or liable to the undersigned for articles lost or stolen in connection with Top Guns Fitness exercise class.

I acknowledge that I have read this document in its entirety and understand the above.

Signature of class participant

Signature of parent or legal guardian for minors

Date