



Suburban Fitness Liability Waiver

I am voluntarily participating at Suburban Fitness and I recognise that the sessions will require physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above mentioned program.

I represent and warrant that I have no medical condition that would prevent my participation in the program. I agree to assume full responsibility for any risks, injuries or damage know or unknown which I might incur as a result of participating in the program. Such injuries may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness.

I knowingly, voluntarily and expressly waive any claim I may have against Suburban Fitness or any trainer associated with Suburban Fitness for injury or damages that I may sustain as a result of participating in the program.

I understand that any images or video/audio taken during the sessions may be used for promotion of Suburban Fitness. I understand that I may be contacted by Suburban Fitness for promotional purposes.

I have read the above waiver and release of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.