



## PARTICIPANT WAIVER

“I, \_\_\_\_\_, have enrolled in a program of strenuous physical activity including, but not limited to, aerobic dance, weight training, and the use of various aerobic-conditioning machinery offered by Couture Bodies. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program.”

“In consideration of my participation in this exercise program, I, \_\_\_\_\_, for myself, my heirs and assigns, hereby release Jerome Biggers from any claims, demands and causes of action arising from my participation in the exercise program.”

“I fully understand that I may injure myself as a result of my participation in this exercise program and I, hereby release Couture Bodies from any liability now or in the future including, but not limited to, heart attacks, muscle strains, fractured bones, heat exhaustion, knee/foot/lower back injuries, and any other illness, soreness, or injury, however caused occurring during or after my participation in the exercise program.”

In signing this document you will be affirming that you have read and fully understand the information contained in this document.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Personal Trainer

\_\_\_\_\_  
Date