

## Personal Training Waiver and Registration Form

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Address

\_\_\_\_\_  
Email

\_\_\_\_\_  
DOB

\_\_\_\_\_  
Age

Gender: \_\_\_M \_\_\_F

\_\_\_\_\_  
Emergency Contact Name

\_\_\_\_\_  
Phone

### **Personal Training Program Policies**

- Each participant must sign a waiver and complete a health history questionnaire to be kept on file and will be confidential between the Fitness Coach and the client.
- Lyndsay Hogan must be notified 24 hours in advance for cancellations. If notification is not at least 24 hours in advance or the session is missed the participant will be charged for the session at the discretion of Lyndsay Hogan.
- Participants 15 minutes late or more to a session will be charged for the session and lose the training for the entire session.
- Clients are to meet the Fitness Coach at the agreed upon training venue at the scheduled appointment time, unless an alternate meeting place has been agreed upon between the client and fitness coach.

### **Assumption of Risk for Participation in the Fitness Coaching Program**

Each participant in the fitness coaching program should realize that there are substantial risks, hazards, and danger inherent in such training. Each participant in the fitness coaching program must be covered by an accident and health insurance policy. It is the responsibility of each participant to participate only in these activities for which he/she has the prerequisite skills, qualifications, preparation, and training (as determined and instructed by the fitness coach). Lyndsay Hogan does not warrant or guarantee in any respect the physical condition or any equipment used in connection with the activity.

Therefore, in consideration of the benefits received from the fitness coach program the undersigned assumes all risks of damages or injury, including death, that may be sustained by him/her while participating in an exercise activity or in travel to or from such activity.

**Release, Covenant Not to Sue, and Waiver**

Fitness Coaching involves an inherent risk of physical injury and the undersigned assumes all such risks. The undersigned hereby agrees that for the sole consideration of Lyndsay Hogan allowing the undersigned to participate in the Fitness Coaching Program for which or in connection with which Anytime fitness had made available any equipment, facilities, grounds, or personnel for such coaching, the undersigned does hereby release, covenant not to sue, and forever discharge Lyndsay Hogan and Anytime Fitness of any and for all claims, demands, rights, and cases of action of whatever kind nature including but not limited to negligence, unforeseen bodily and personal recreational programs and activities. The undersigned understand that this Release, Covenant Not to Sue, and Waiver and assumption of risk shall be effective from the date of signature until the effective termination of the fitness coaching services by Lyndsay Hogan. By signing this document, the undersigned hereby acknowledges that he/she has read the above carefully before signing, and agrees to comply with all the above.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Signature of Parent/Guardian is required if participant(s) is 17 years old or younger:

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone