



Waiver and Release of Liability

I, _____, hereby affirm that I am aware that physical exercise and programs related to physical health including, but not limited to, diet recommendations, personal training, strength training, flexibility development, group training, aerobic exercise or any associated activities (hereinafter referred to as "Training Activities") have inherent unforeseeable risks which may result in serious injury or death.

_____ Initial confirming that you have read and understand the above statement.

I understand and agree that neither Megan Turner or Megan Renee Fitness (hereinafter referred to a Released Parties) may be held liable or responsible in any way for injury, or other damages to me, my family, estate, heirs, or assigns that may occur as a result of my participation in physical exercise and programs related to physical health including but not limited to Training Activities, or as a result of the negligence of the Released Parties.

_____ Initial confirming that you have read and understand the above statement.

In consideration of being allowed to participate in Training Activities, I hereby personally assume all risk, dangers, and all responsibilities, and agree to hold harmless the Released Parties from any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the Released Parties, arising from Training Activities, whether foreseen or unforeseen, that may befall me while I am participating in these activities. I further release, exempt, and hold harmless the Released Parties from any claim or lawsuit by me, my family, estate, heirs, or assigns, arising out of my participation in Training Activities.

_____ Initial confirming that you have read and understand the above statement.

I understand the terms herein are contractual and not merely recital, and that I have signed this document of my own free act with the knowledge that I hereby waive legal rights. I further agree if any provision of this Agreement is found to be unenforceable or invalid, the remainder of this Agreement shall then be construed as though the unenforceable provision had never been contained therein.

_____ Initial confirming that you have read and understand the above statement.

I, _____, by this instrument agree to release and hold harmless the Released Parties from all liability or responsibility whatsoever for personal injury, property damage, or wrongful death however caused, including, but not limited to, the negligence of the Released Parties arising from or as a result of my participation in physical exercise and programs related to physical health including by not limited to training activities. This release is intended to include all potential tort and contract claims, including but not limited to, negligence, gross negligence, breach of contract, and breach of warranty.

I HAVE READ AND UNDERSTAND THE ABOVE WAIVER AND RELEASE OF LIABILITY.

SIGNATURE

PRINTED NAME

DATE