



D.B.A.

SLSFITNESS

Health & Fitness Liability Waiver Informed Consent Form

The Undersigned, who wishes to enroll and engage in a group fitness, boot camp, Metabolic Effect, strength and conditioning, TRX, Advanced Circuit Training, individualized and/or personal(ized) fitness program(s) and/or any and all other fitness related activities which may be offered and/or authorized pursuant to the Articles of Organization of the corporation (hereinafter referred to generally as "fitness program(s)") offered by **ELITE FITNESS PROFESSIONALS, INC. D.B.A. SLSFITNESS** (hereinafter referred to as "Elite") by and through its President, Sherri Laffey Sarrouf and/or other agent and/or employee of said entity, (hereinafter referred to individually or collectively as "Elite"), hereby acknowledges, through the language contained in this Waiver and Consent Form, that Elite is hereby released from any and all present and future liability for any and all injuries that may be sustained, now known or in the future discovered, as a result of participation in such fitness program(s).

The Undersigned acknowledges that the fitness program(s) offered by Elite, for which the Undersigned wishes to enroll and engage in, may involve strenuous physical activity for which a physician should be consulted by the Undersigned prior to undertaking such activities which include but are not limited to, muscle strengthening, cardiovascular conditioning and training, endurance training and any and all other types of physical fitness training as may be offered by Elite deemed appropriate by Elite. The Undersigned acknowledges that he/she is in good physical condition and does not suffer from any known disability or condition that would prevent or limit the Undersigned from participation in any such fitness program(s).

Elite recommends that the Undersigned consult with a physician prior to undertaking participation in any fitness program(s) offered by Elite.

In consideration of the Undersigned's participation in any fitness program(s) offered by Elite, the Undersigned hereby releases and forever discharges Elite from any and all claims, causes of action and/or liability for such participation. The Undersigned fully understands and acknowledges that he/she may injure him/herself during and/or after participation in such fitness program(s) participated in. These conditions may include, but are not limited to, heart and/or lung problems, muscle strains and/or pulls, muscle tears, dehydration, broken bones, ligament and/or cartilage damage, injuries to knees, ankles, back, feet, hands or other illness and/or injury that may occur.

I, the Undersigned, hereby affirm that I have read and understand the above Waiver and Consent Form.

Print Name

Signature

Date: