



Waiver

I _____ (the participant) have agreed to participate in a fitness routine with Forever Fit by Nancy McNeil (the trainer).

I recognize that this workout may include intense bouts of cardio, strength training, core work, agility, and flexibility training, somatic movements, and MELT techniques. I understand that the activities of this workout will take place indoors and/or outdoors and that there are risks involved in participating in this type of workout.

I am aware that activities associated with fitness and flexibility training may place stress on the body and that the trainer will provide guidance and support to the best of her ability.

I agree to waive the trainer of any liability from injury cause while partaking in all/any activities at Forever Fit. The trainer will, to the best of her ability, make the area safe for all participants and ensure proper form and technique are practiced.

I voluntarily accept full responsibility of all the risks involved. I understand fully the inherent risks involved in this exercise program and am willingly and voluntarily participating in this program laid out by Nancy McNeil.

I have read and understood my risks and am prepared to partake in this activity.

Name

Phone

Email Address

Signature of Participant

Signature of Witness
