Studio name _____

Fitness class waiver

Sign once before your first class. It covers every class for a year.

About you

Your name
First name

Last name

Date of birth (MM/DD/YYYY)

Mobile phone

Email

Emergency contact

Your visit

How active are you right now?

☐ Just getting started ☐ Active a few times a month ☐ Active most weeks

Before you take part

These questions help the staff keep you safe. They aren't medical advice, so check with your doctor about anything you're unsure of. The staff may ask you to sit out if an answer means the activity isn't safe for you today.

Do you have a heart condition or high blood pressure?

☐ Yes ☐ No

Tell us more.

Have you had chest pain, dizziness or trouble breathing during exercise in the last year?

☐ Yes ☐ No

Tell us more.

Have you had a back, neck or joint injury or surgery in the last year?

☐ Yes ☐ No

What was it, and when?

Are you pregnant?

☐ Yes ☐ No

Do you have asthma or another condition that makes hard exercise risky for you?

☐ Yes ☐ No

Do you carry an inhaler or other medicine? Tell us more.

Are you recovering from an injury, illness or surgery right now?

☐ Yes ☐ No

Tell us more.

Is there anything else about your health the staff should know before you take part?

☐ Yes ☐ No

Tell us more.

Risks and rules

The risks

Exercise classes have risks, including:

- Muscle strains, sprains and joint injuries
- Overexertion, dizziness and fainting, more so in heated rooms
- Dropped weights, moving bike parts, springs and straps on machines
- Slips and falls on mats, floors and steps
- Heart problems during hard exercise, which are rare but serious
- Contact injuries in boxing and partner drills

I understand these risks, and others no one can foresee, and that some remain even when the staff and other guests take care. I choose to take part.

Initials _____

Class rules

- Tell the instructor about injuries or conditions before class starts.
- Work at your own level, and stop if you feel pain, dizziness or shortness of breath.
- Bring water and drink it, especially in heated classes.
- Set up, wipe down and put back the equipment you use.
- Wear the shoes or grip socks the class calls for.

I'll follow these rules and every instruction from the staff. The staff may stop me or ask me to leave if I don't.

Initials

Ready to exercise

If I'm not sure exercise is safe for me, I've checked with a doctor before starting. I'll stop and tell the instructor if I feel unwell.

Initials

What you agree to

My answers

My answers are true. I'm not impaired by alcohol or drugs, and I'll tell the staff if anything about my health changes before or during my visit.

Initials

Release

To the extent the law allows, I release the business, its owners and its staff from claims for injury, illness or damage that come from the inherent risks of this activity. This release doesn't cover anything the law doesn't let me give up.

Initials

Emergency care

If I'm hurt or become ill, the staff may give first aid and call emergency services. I'm responsible for the cost of any care I receive.

Initials

Photos and video

This waiver covers your visits for one year from the day you sign. The business may ask you to sign again sooner if its rules or this form change.

the studio uses your health answers only to do your appointment safely and to keep the records the law requires. They are never used for marketing or sold. They are stored encrypted, and every time someone at the studio opens them it is logged.

Your signature

Date

Printed name

For the staff (For the studio)

Visit details

Booking or group name

First class

Anything that came up during the visit

Template from Digital Waiver Software https://waivers.greatwork.company/waivers/fitness-studio
This is a template and general information, not legal advice. Rules differ by state and sometimes by county, so check yours with a lawyer in your state before you use it.