

## **Contract/waiver:**

### Personal Training Services Waiver and Release Form

I, [Client's Name], hereby acknowledge and agree to the following terms and conditions regarding the personal training services provided Train With Pride Online:

- **Assumption of Risk:** I understand and acknowledge that the training sessions conducted by Taylor Volmrich may involve strenuous physical activity. I am aware that there are inherent risks associated with physical exercise, including but not limited to, muscle soreness, strains, sprains, and in rare cases, serious injury or death.
- **Health Assessment:** I certify that I have disclosed all relevant medical conditions, injuries, medications, and other health-related information to Taylor Volmrich prior to participating in any training sessions. I understand that it is my responsibility to update this information if there are any changes to my health status.
- **Voluntary Participation:** I acknowledge that my participation in the personal training sessions is voluntary. I understand that I have the right to cease participation in any exercise or activity at any time if I feel discomfort, pain, or any other symptoms.
- **Release of Liability:** In consideration of being permitted to participate in the personal training sessions, I hereby release, waive, discharge, and covenant not to sue Train With Pride Online, its trainers, employees, agents, and representatives from any and all liability, claims, demands, actions, or rights of action, which are related to, arise out of, or are in any way connected with my participation in the training sessions.

- Indemnification: I agree to indemnify and hold harmless Train With Pride Online, its trainers, employees, agents, and representatives from any and all liabilities or claims made by third parties arising out of my participation in the training sessions.
- **Photographic Release:** I grant Train With Pride Online the irrevocable right and permission to use photographs and/or video recordings of me taken during the training sessions for promotional, marketing, and advertising purposes.
- **Severability:** If any provision of this waiver is deemed invalid or unenforceable, the remaining provisions shall continue to be valid and enforceable to the fullest extent permitted by law.

By signing below, I acknowledge that I have carefully read this waiver and release form, fully understand its contents, and voluntarily agree to its terms and conditions.

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Train With Pride Online Representative's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_