

FIT Participation Release & Acknowledgement of Agreement

I, _____, wish to participate in a training program offered by Functional Integrated Training, LLC. I understand the inherent risks in participating in an exercise program of strenuous exercise. I agree that Functional Integrated Training, LLC shall not be held liable or responsible for any injuries to me resulting from my participation in a fitness program (whether at home, in the facility, or another corporate, commercial, residential, or fitness facility). **Please initial each of the following statements.**

_____ I understand & agree that it is my responsibility to inform my Coach of any conditions or changes in my health, now & ongoing, which may affect my ability to exercise safely & with minimum risk.

_____ I understand that should I feel light-headed, dizzy, faint, or nauseated &/or experience any pain or discomfort that I am to stop the activity & inform my Coach.

_____ I understand that I am not obligated to perform or participate in any activity that I do not wish to, & that it is my right to refuse such participation at any time during my training session.

_____ I understand the results of any fitness program cannot be guaranteed & that my progress depends on my efforts & cooperation in & outside of the sessions.

_____ I understand that all sessions start at the scheduled time, & should I arrive late, I will not receive the full-length session with my Coach. I also understand that all training sessions are non-refundable & have an expiration date.

_____ I understand that the training program works on a scheduled appointment basis, thus requiring that I provide at least 24-hour notice when canceling an appointment. No charges will be levied should I cancel MORE THAN 24 HOURS IN ADVANCE. However, if I cancel or reschedule a session with LESS THAN 24 HOURS NOTICE to the Coach, I will be charged for that session. All scheduling & canceling must be completed in our MindBody system.

_____ I understand that FIT bills clients on a pre-pay basis. Once my Coach & I have decided upon the membership I will purchase, payment must be made before the sessions are conducted.

_____ I have been informed about & understand gym policies.

*** YES NO I allow FIT to use any pictures or videos taken during training sessions as promotional tools on Social Media (including Facebook) outlets & on the FIT website. ***

I have read this Release of Terms & Agreement & I understand all of the terms. I sign it voluntarily & with the knowledge of its significance.

Name _____ Date _____

Email _____ Phone _____