

**Naskret Investments  
trading as  
Inner City Fitness**

**Waiver and Release**

**Full Name** \_\_\_\_\_ **(Client)**

**Address** \_\_\_\_\_

I acknowledge that any reference to Get Fit Central in this agreement includes its owners, officers, agents, employees, servants, contractors, trainers, instructors and its representatives.

I acknowledge that I have engaged Get Fit Central to provide me with personal training services which involves strenuous physical activity including, without limitation, muscle strength and endurance training, cardiovascular conditioning and training and other various fitness activities.

I confirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in any training. If I have high blood pressure, diabetes, a heart condition, or if I am taking prescribed medications that will affect my performance in training, I will inform Get Fit Central prior to training.

I acknowledge that I have been advised to seek medical advice before commencing training and my participation in training at Get Fit Central is purely voluntary.

The levels of exercise that I will perform will be at my own pace, based upon my cardio respiratory fitness, muscular strength and endurance. I acknowledge that I am responsible for monitoring my own condition throughout any training. I will inform Get Fit Central of any symptoms during my training such as fatigue, shortness of breath, chest discomfort, or any other pain or discomfort for my safety and benefit.

I understand that there are risks of injury in any type of exercise or training and I agree that in training with Get Fit Central I do so entirely at my own risk.

Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely my responsibility and I will consult my doctor prior to undertaking any dietary or food supplement changes. I acknowledge that Get Fit Central are not medical practitioners and that they do not give any advice as such.

I also agree that Get Fit Central will not be responsible for any loss of personal property.

I permit and authorise Get Fit Central to use photographs, videotape, motion pictures, recordings or any other records taken while I participate in training with Get Fit Central for publicity, advertising or any legitimate purpose.

In consideration of my participation in training at Get Fit Central which I do voluntarily for my own personal benefit, I (including my executors, administrator, heirs, next of kin) hereby:

1. waive, release and discharge Get Fit Central from any and all liability for claims, demands, actions, and causes of action as a result of my participation in training provided by Get Fit Central or my attendance at Get Fit Central's facilities caused in any manner whatsoever including but not limited to the negligence of Get Fit Central;
2. indemnify and hold harmless Get Fit Central from any and all liabilities or claims made by other individuals or entities as a result of or relating to my participation in training with Get Fit Central or my attendance at Get Fit Central's facilities.

I fully understand that I may injure myself as a result of any training with Get Fit Central and I hereby release Get Fit Central from any liability now or in the future for conditions or injuries I may obtain.

I hereby confirm that I have read and fully understand that it is a release of liability.

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Signature of Client

Date: