



Informed Consent, Assumption of Risk, and Hold Harmless Agreement

Client Name _____

Thank you for choosing the Personal Training offered by Southern Village Club. I acknowledge that Personal Training is a test of a person's physical limits and carries with it the potential for injury. I assume full responsibility during and after my participation in Personal Training and for my choices to use or apply, at my own risk, any portion of the information or instruction I receive.

I understand that part of the risk involved in undertaking Personal Training is relative to my own state of fitness or health (physical, mental, or emotional) and the awareness, care and skill with which I conduct myself in any Personal Training activities. In addition, I understand that I am free to withdraw from, reduce, or modify my involvement in any of the activities and I realize I should do so on recognition of any signs of physical discomfort which may include: transient lightheadedness, fainting, chest discomfort, leg cramps, nausea, etc.

I further understand that the possible risks involved in participating in a fitness training program may include, but are not limited to: muscle, tendon, ligament, bone and joint soreness, muscle, tendon, and ligament strain, tear or rip, bruising, skin lacerations, tears, cuts or punctures, shortness of breath, dizziness, fainting or unconsciousness, sweating, heart attack, stroke, or even death, aggravation of an existing or past injury, discomfort, or physical problem association with physical activity.

It is strongly encouraged that participants consult with their physician before assuming any physical activity and to reduce the potential for injury by stretching adequately before and after any activity.

I consent to taking all of the above noted risks by voluntarily participating in the fitness program at Southern Village Club and agree to hold harmless Southern Village Club, LLC and its employees and agents for any injuries, losses, damages, or claims I, as a participant, may have as a result of engaging in such fitness activity.

I declare that I have read, understood, and agree to the contents of this Informed Consent Agreement in its entirety.

Participant Name: _____ Date: _____