



Legal Liability Waiver Release & Assumption of Risk Agreement

1. THE UNDERSIGNED UNDERSTANDS that there is an inherent risk associated with any type of exercise and training program, including, but not limited to, aerobic exercise, resistance training, weight training, use of machines and other equipment, and strengthening and stretching exercises. _____ (Undersigned should initial after reading.)

2. THE UNDERSIGNED ASSUMES all responsibility for and all risk of damage or injury that may occur to the undersigned as a trainee in the Body by G Coaching by G fitness training program while participating in any type of exercise and training program, including, but not limited to, aerobic exercise, resistance training, weight training, use of machines and other equipment, and strengthening and stretching exercises, or following an Body by G Coaching by G trainer's instructions in or out of an Body by G Coaching by G personal training session or location. _____ (Undersigned should initial after reading.)

3. IN CONSIDERATION OF receiving personal training from Giulia Isetti, Ph.D. the undersigned hereby releases and discharges Giulia Isetti, Ph.D., Body by G Coaching by G, its owner, employees and agents from all claims, demands, rights of causes of action, present or future, whether known, anticipated or unanticipated, and resulting from or arising out of, or incident to, the undersigned's use (or intended use) of Body by G Coaching by G facilities, and equipment in such place or as a result of or incident to, engaging in Body by G Coaching by G exercises or otherwise following any Body by G Coaching by G personal trainer's instructions anywhere.
_____ (Undersigned should initial after reading.)

4. THE UNDERSIGNED AGREES to indemnify and hold harmless Giulia Isetti, Body by G Coaching by G, its owner, employees and agents from all claims, demands, losses, damages, action or actions, charges, judgment or judgments which they or their officers, agents, servants, employees or insurers may be required or to have to pay and satisfy by reason of any claim or suit which may be brought against them by or on behalf of the undersigned, including any liens, medical or otherwise.
_____ (Undersigned should initial after reading.)

5. I HAVE READ, UNDERSTAND AND AGREE to each of the terms of the foregoing Legal Liability Waiver, Release and Assumption of Risk Agreement. _____ (Undersigned should initial after reading.)

6. I AGREE to sign this Legal Liability Waiver, Release and Assumption of Risk Agreement.
_____ (Undersigned should initial after reading.)

Dated: _____ Trainee: _____

Certification of Health

I HEREBY CERTIFY that I am in good physical health, or that my physician has given me permission to begin a fitness program without limitations due to my health. _____ (Undersigned to initial after reading.)

I UNDERSTAND that an unknown physical condition may become aggravated as a result of any type of training or exercise program. _____ (Undersigned to initial after reading.)

Dated: _____ Trainee: _____