

Personal Training Waiver & Release Form

Because physical exercise can be strenuous and subject to risk of serious injury you are required to obtain a physical examination from a doctor and complete the Medical Clearance Form supplied to you by Patty Maraldo / MSPTY INC. You agree that by participating in these physical exercise sessions and personal training activities you do so **entirely at your own risk**. This includes without limitation (a) your use of all equipment on-site and at the off-site location and your participation in any activity, personal training or instruction, (b) the sudden and unforeseen malfunctioning of any equipment, (c) your instruction, training, supervision or any dietary recommendations. You agree that you are voluntarily participating in these activities and **assume all risks of injury**. You expressly agree to release and discharge Patty Maraldo / MSPTY INC. from any and all claims or causes of action. This waiver and release of liability includes without limitation all injuries to you which may occur **regardless of negligence**.

If any portion of this release from liability shall be deemed, by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

You acknowledge that you have carefully read this waiver and release and fully understand that it is **a release of liability**. You agree to voluntarily give up any right that you may otherwise have to bring a legal action against Patty Maraldo / MSPTY INC. for negligence or any other personal injury or property damage or loss action.

Your Signature: _____

Your Printed Name: _____

Date: _____

