

INFORMED CONSENT For Jay's Boot Camp:

Always check with your doctor before beginning a new workout regimen.

I agree to participate in Boot Camp Fitness, Inc. I recognize that exercise is not without varying degrees of risk to musculoskeletal and/or cardiorespiratory systems. I hereby certify that I know of no medical problems that would increase my risk of illness and injury as a result of participation in a fitness program designed by Boot Camp Fitness, Inc. I understand and have been informed that there exists the possibility of adverse changes during the exercise program. I have been informed that these changes could include abnormal blood pressure, fainting, disorder of heart rhythm, stroke, and very rare instances of heart attack or even death. I agree to waive, release, remise and discharge Boot Camp Fitness, Inc. and its agents, officers, principals and employees of any and all claims, demands, actions or damages of any kind resulting from participation in Boot Camp Fitness, Inc. I further agree to waive, release, remise and discharge all participating locations and their respective legal owners of any and all claims, demands, actions or damages of any kind resulting from participation in Boot Camp Fitness, Inc. The undersigned hereby releases Boot Camp Fitness, Inc as well as waives any and all claims and understands and assumes any and all risk with participation in Boot Camp Fitness.

Jay's Boot Camp Trainers, Owners or any of it's partnering facilities will not be held liable for any injury or accident that might occur while participating in these workouts.

REQUIRED: I have read and agree with the above terms and conditions.

Signature _____

Date: _____

