

Fit Chick Express
Liability Waiver

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in physical activity with Fit Chick Express.

Further, I am aware that the activities and programs in which I have decided to participate may range from vigorous cardiovascular activity to the strenuous exertion of strength training). I understand that these and other physical activities that I will participate in involve certain risks including by not limited to, death, and serious neck and spinal injuries, which could result in complete or partial paralysis, heart attacks, and injury to bones, joints, or muscles. I am voluntarily participating in program activities with the knowledge of dangers involved and hereby agree to accept any and all inherent risks of personal injury, or death.

I understand that this waiver is intended to be as broad and inclusive as permitted by laws of the Colorado and agree that if any portion of this Waiver and Release are held invalid, the remainder of the Waiver and Release will continue in full force and effect.

I further affirm that the venue for any legal proceedings shall be in the Colorado. I affirm that I am of legal age and am freely signing this agreement. I have read this form and fully understand that by signing this form, I am giving up legal rights and/or remedies that may be available to me for the ordinary negligence of Fit Chick Express or any of the parties listed above.

I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in said fitness program.

Signature: _____

Printed Name: _____

Date: ____/____/____

Email: _____

Phone: _____