

Get Fit Norwalk!

Waiver of Liability and Informed Consent

“ I, _____ have enrolled in a program of strenuous physical activity including but not limited to cardiovascular and resistance training, by Jason Marcucilli and Fitness Motivator’s Get Fit Norwalk-Fitness Group. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program.”

“In consideration of my participation in the Get Fit Norwalk – Group Fitness program, I, _____ for myself, my heirs and assigns, hereby release Jason Marcucilli, Fitness Motivator’s Get Fit Norwalk-Fitness Group staff and participants and St. Peter Lutheran Church from any claims, demands and causes of action arising from my participation in the fitness program.”

“I fully understand that I may injure myself as a result of my participation in Get Fit Norwalk – Group Fitness program and I, _____, here by release Jason Marcucilli, Fitness Motivator’s Get Fit Norwalk-Fitness Group staff and St. Peter Lutheran Church from any liability now or in the future including but not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury however cause, occurring during or after my participation in the exercise program.”

Signature

Date

I hereby affirm that I have read and fully understand the above.

Signature

Date