



LIABILITY RELEASE FORM

Please read and review carefully the following:

I have been informed of and acknowledge that participation in strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also have been informed of and acknowledge that participation in fitness activities, use of equipment and machinery and/or participation in endurance sports can be an extreme test of a person's physical and mental limits and such training and participation poses potential risks of serious bodily injury or death, or property damage.

I HEREBY AGREE TO EXPRESSLY ASSUME AND ACCEPT ALL RISKS OF INJURY OR DEATH.

Please Initial Here _____

I agree to the following:

(Please initial statement to which you agree at the "initial" space.).

(Initial)_____

JC Fitness Gym (Juliana Comprindo) has been retained to assist me in the improvement of my fitness.

(Initial)_____

I hereby attest that I am in good health and suffer no condition, impairment disease, infirmity or other illness that would prevent my participation in these activities or use of equipment or machinery. I acknowledge that I have been informed of the need for a physician's approval for my participation in the fitness activities. I attest that my physical condition has been verified by a licensed medical doctor.

(Initial)_____

In consideration of being accepted as a client by JC Fitness Gym (Juliana Comprindo), I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors, and assigns, or anyone else who might claim or sue on my behalf:

- a) Waive, release, and discharge Juliana Comprindo, JC Fitness Gym, and JC Fitness Gym's employees and agents from any claims, costs, or liabilities for personal injury, illness, death, or damages of any kind which I may have now, or at any time in the future, resulting from participation in this or any other program or from use of any equipment at various sites, including residences, and webcam internet sites provided by and/or recommended by JC Fitness Gym (Juliana Comprindo) and its employees.
- b) Agree not to sue any of the persons or entities mentioned above for any claims, costs, liabilities, that I have waived, release or discharged herein.
- c) Indemnify, defend and hold harmless the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions.

Client Name (Please Print Clearly)

Client Signature

Date

If you're under the age of 21, you must have a parent or legal guardian sign.

Name of Parent or Guardian (Please Print Clearly)

Signature of Parent or Guardian

Date

Please fax form to 407-445-6229