

COACH V FITNESS

VELERIA GRAY, Certified Personal Trainer

Participant Release and Liability Waiver

I understand there are inherent risks in participating in a program involving strenuous exercise. It is expressly agreed that all, physical fitness training by Veleria Gray, Certified Personal Trainer shall be undertaken by a client at his/her own risk.

It is also expressly agreed the above mentioned trainer may train in several different facilities and/or areas, including but not limited to a private or public gym, a public park, clients' private home, and/or any other workout area trainer deems appropriate for physical fitness training.

With individual clients' agreement to workout with trainer in different workout areas, client agrees Veleria Gray is not liable for any injuries or damages to client or any guest of the client during said training and will not be subject to any claim, injuries, or damages.

I am aware of my responsibility to consult with my personal physician regarding my medical fitness level to engage in strenuous exercise and /or nutritional support program(s). I do hereby intend to be legally bound for myself and waive release of any and all rights and claims for damages I may have against Veleria Gray and any of her fitness training associates, acting on her behalf for any and all injuries following the training, nutritional, and or exercise program (s) provided for me.

I agree that Veleria Gray shall not be liable or responsible for any injuries to me resulting from my participation in the physical fitness training and/or nutritional program(s) she provides. I expressly release and discharge Veleria Gray, her associate trainers, agents, and/or assigns, from any and all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assign may have as a result of any injuries or other damages which may occur in connection with my participation in the fitness and/or nutritional program(s).

This release shall be binding for an indefinite amount of time and absolutely and most securely during my time as a client, guest, or participant of Veleria Gray, Certified Personal Trainer program.

I also understand and expressly agree, prior to participation in physical fitness training and/or nutritional program(s) associated with Veleria Gray, there is no guarantee written or implied otherwise regarding any kind of change in my body weight, muscle toning, shape, mass, strength and/or overall health.

Client first name

Client last name

Client signature

Date

Veleria Gray, Certified Personal Trainer

Date