

Informed Consent for Exercise Participation

I desire to engage voluntarily in the Personal Training Program (exercise program) in order to attempt to improve my physical fitness and well-being.

I understand that the activities are designed to place a gradually increasing workload on the cardio respiratory system to thereby attempt to improve its function. The reaction of the cardio respiratory system to such activities can't be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes might include abnormalities of blood pressure or heart rate.

I understand that I am responsible for monitor my own condition throughout the exercise program and should any unusual symptoms occur, I will cease participation and inform the instructor (trainer) of the symptoms.

In consideration for being allowed to participate in the Personal Training Program (exercise program), I agree to assume the risk of such exercise, and further agree to hold harmless (Renaissance Fitness) and its staff members conducting the exercise program from any and all claims, suits, losses, or related causes of action for damages, including and not limited to, such claims that may result in injury or death, accidental or otherwise, during or arising in any way from, the exercise program.

In signing this consent form, I affirm that I have read this form in its entirety and that I understand the nature of the exercise program. I also affirm these questions regarding the exercise program have been answered to my satisfaction.

Participant's Signature: _____

Date: _____

Instructor's Signature: _____

Date: _____