



I [redacted] have agreed to participate in “Coach Deb Fitness LLC” personal training, run by Deb Froehlich, owner of “Coach Deb Fitness LLC”. The activities of “Coach Deb Fitness LLC” personal training include strength training, running, agility drills, jumping, intense cardiovascular activities and flexibility training. Acknowledgment is hereby made that the activities of this training may require me to spend time outside in the elements. I further acknowledge that there are risks involved in participating in personal training. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, my physical condition, equipment, actions of other people including, but not limited to, participants, volunteers, and lack of hydration. Personal training is open to all fitness levels, and requires you to work at your own pace.

In consideration of my being accepted into the program, I agree to release and discharge Coach Deb Fitness LLC and any of its employees, volunteers, and independent contractors from any injuries sustained by me as a result of participation in this program. I agree to indemnify and hold harmless, Deb Froehlich, and any of her employees, volunteers and independent contractors, facilities and owners of the facilities against any liability incurred as a result of such injury or loss. Fitness activities and programs require that I be in good health and have no condition that could endanger my well-being through participation. I will notify Coach Deb Fitness and Deb Froehlich of any such defects in writing prior to enrolling in this program.

The undersigned agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of myself.

I understand there is no refund on training sessions, unless trainer fails to fulfill agreement. The training is paid up front, and sessions count whether I, the client, show up or not.

Signature of participant _____
Date _____