

WAIVER & RELEASE

This Waiver & Release is entered into between the undersigned and Fitness Boot camp Inc its officers, trainers, affiliates, executors in addition to the City of Little Rock, North Little Rock, and all others private and public locations for camps. The purpose of Fitness Boot camp Inc is to provide fitness instruction and coaching for various levels of Athletes/Individuals.

The undersigned here by acknowledge that the following was explained to me and /or agree to the following.

- 1. Acknowledge that the officers, trainers, executors are not physicians and is not trained in any way to provide medical diagnosis, medical treatment, or any other type of medical advice.**
- 2. Acknowledge that coaching/training is another tool for teaching/athletes/individuals about themselves, but the Fitness Boot camp Inc does not guarantee neither good nor bad will occur nor guarantee the training advice given by Fitness Boot camp Inc will produce good nor bad results.**
- 3. Acknowledge that the undersigned has been told if they feel tired, feel pain or feel out of the ordinary in any way either related to your training or otherwise, that the undersigned should contact a physician at once.**
- 4. Videography and photography may be taken at campus which may appear on TV web video, print or any other digital format when possible camp participants will told in advance of the days in which any photography or videography will be done.**
- 5. Acknowledges that Boot camp classes running obstacle courses, and any other related sports are and extreme test of ones mental and physical limits and carry with it potential for damage or loss of property serious injury and death. That the undersigned assumes the risks of participating in these types of events/activities including the inherent dangers of the natural elements that they are fit and they have a regular medical physician they can contact regarding any medical problems that might develop. The undersigned the expressly waive, release, discharge and agree not to sue from any liability of death, disability, personal injury, or action of any kind and Fitness Boot camp Inc for the undersigned participating in said sporting events or training.**
- 6. The undersigned agrees that this is the full agreement between the parties, that Fitness Boot camp Inc nor anyone else has not verbally contradicted any of the terms of this release and that the undersigned has entered into this agreement and voluntarily without force or coercion.**

INITIAL THE FOLLOWING:

___ I Agree to show up for boot camp everyday unless it is excused absence from my doctor or pre-approved with boot camp directors

___ I understand that photos or video may be taken during the course of my involvement in boot camp, which may be used for promotional purposes. I understand that my before & after photos will not be used for any promotional purposes unless I give written authorization.

___ I understand there is no refund policy but I can receive a credit for unused portion of camp if I am not able to complete the one I originally joined, pending space availability

___ I will be on time

(SUBMITTING FORM YOU ARE AGREEING TO ALL THE ABOVE!)