



WAIVER

The undersigned participant of T3 Fitness hereby acknowledges that their participation in a personal training, small group training and/or exercise class is strictly voluntary.

Class participant also hereby releases and discharges personal trainers: Sandra Vande Berg, Laura Rogers and Julie Edgar and group exercise instructors: Jeanne Bauer, Megan Mermal and Manisha Nabke along with T3 Fitness, LLC from any liability whatsoever to participant for any injury or damage of any kind and in any amount in any way relating to or arising out of participation within or off the premises of T3 Fitness Studios: 11600 W. North Ave, Wauwatosa, WI 53226.

Participant acknowledges that Sandra Vande Berg, or any of her staff are not physicians and are not trained in any way to provide medical diagnosis, medical treatment, or any other type of medical advice.

Participant acknowledges that the undersigned has been told if they feel tired, feel pain, or feel out of the ordinary in any way either related to exercise or otherwise, that the undersigned should contact a physician at once.

Participant consents to the use of their photograph for promotional purposes.

Participant acknowledges reading this document, understands its contents and agrees to its terms and conditions freely and voluntarily.

I, _____ (print your name) release the rights to bargain the terms of this waiver.

Do you have any present or old injuries: No ___ Yes ___ If yes, please explain:

If you are pregnant or have any medical condition that is limiting, you must have your doctor's approval prior to participating. By signing this you are agreeing to these terms.

Participant Signature

Date

Print Name

Email
