



## **3R FITNESS PERSONAL TRAINING WAIVER**

**DECLARATIONS:** I, \_\_\_\_\_ (“Client”), enter into this agreement with 3R Fitness. The provision of personal training services by Trainer to Client, and Client’s use of any premises, facilities or equipment are contingent upon this Agreement.

**ASSUMPTION OF RISK:** You agree that if you engage in any physical exercise or activity, including personal training, or enter our premises or use any facility or equipment on our premises for any purpose, you do so at your own risk and assume the risk of any and all injury and/or damage you may suffer, whether while engaging in physical exercise or not. This includes injury or damage sustained while and/or resulting from using any premises or facility, or using any equipment, whether provided to you by 3R Fitness or otherwise, including injuries or damages arising out of the negligence of 3R Fitness, whether active or passive, or any affiliates, employees, agents, representatives, successors, and assigns of 3R Fitness.

Your assumption of risk includes, but is not limited to, your use of any exercise equipment (mechanical or otherwise), sports fields, courts, or other areas, locker rooms, sidewalks, parking lots, stairs, lobby or other general areas of any facilities, or any equipment.

You assume the risk of your participation in any activity, class, program, instruction, or event, including but not limited to weightlifting, walking, jogging, running, aerobic activities, or any other sporting or recreational endeavor.

You agree that you are voluntarily participating in the aforementioned activities and assume all risk of injury, illness,

damage, or loss to you or your property that might result, including, without limitation, any loss or theft of any personal property, whether arising out of the negligence of 3R Fitness or otherwise.

**RELEASE:** You agree on behalf of yourself (and all your personal representatives, heirs, executors, administrators, agents, and assigns) to release and discharge 3R Fitness (and affiliates, related entities, employees, agents, representatives, successors, and assigns of 3R Fitness) from any and all claims or causes of action (known or unknown) arising out of the negligence of 3R Fitness, whether active or passive, affiliates, employees, agents, representatives, successors, and assigns of 3R Fitness.

This waiver and release of liability includes, without limitation, injuries which may occur as a result of (a) your use of any exercise equipment or facilities which may malfunction or break, (b) improper maintenance of any exercise equipment, premises or facilities, (c) negligent instruction or supervision, including personal training, (d) negligent hiring or retention of employees, and/or (e) slipping or tripping and falling while on any portion of a premises or while traveling to or from personal training, including injuries resulting from 3R Fitness or anyone else's negligent inspection or maintenance of the facility or premises.

**INDEMNIFICATION:** By execution of this agreement, you hereby agree to indemnify and hold harmless 3R Fitness from any loss, liability, damage, or cost 3R Fitness may incur due to the provision of personal training by 3R Fitness to you.

**ACKNOWLEDGMENTS:** You expressly agree that the foregoing release, waiver, assumption of risk and indemnity agreement is intended to be as broad and inclusive as permitted by the law in the State of Maryland and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

You acknowledge that 3R Fitness offers a service to clients encompassing the entire recreational and/or fitness spectrum. 3R

**Fitness is not in the business of selling weightlifting equipment, exercise equipment, or other such products to the public, and the use of such items is incidental to the service provided by 3R Fitness.**

**You acknowledge and agree that 3R Fitness does not place such items into the stream of commerce. This release is not intended as an attempted release of claims of gross negligence or intentional acts. You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability, express assumption of risk and indemnity agreement.**

**You are aware and agree that by executing this waiver and release, you are giving up your right to bring a legal action or assert a claim against 3R Fitness for negligence, or for any defective product used while receiving personal training from 3R Fitness. You have read and voluntarily signed the waiver and release and further agree that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.**

**Print Name: \_\_\_\_\_**

**Signature or Parent/Guardian Signature:**

**Date:**

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