

**RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTIONS OF RISK
AND INDEMNITY AGREEMENT**

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN
LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.**

PLEASE READ CAREFULLY!

Name _____

**Assumption of Risks & Release of Liability, Waiver of claims
and Indemnity**

I have completed the Pre-exercise screening form and have truthfully answered all questions to the best of my ability. I am aware that participation could, in some circumstances, result in physical injury and have discussed my participation, where applicable, with my physician.

In consideration of the acceptance of participation in the program offered by Fisco Personal Training Services Ltd. for myself, my heirs, executors, administrators and assigns, waive any claims to which I may become entitled for injury or damage and WAIVE ANY AND ALL CLAIMS that I have or may in the future against Fisco Personal Training Services Ltd. and its directors, officers, employees, agents and representatives (collectively "Fisco").

TO RELEASE FISICO PERSONAL TRAINING SERVICES LTD. From any and all liability for any loss, damage, injury or expense that I may suffer as a result of participating in the exercise programs offered by Fisco Personal Training Services Ltd. due to any cause whatsoever. INCLUDING NEGLIGENCE, BREACH OF CONTRACT OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT ON THE PART OF FISICO.

I HAVE READ THIS AGREEMENT AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST FISICO PERSONAL TRAINING SERVICES LTD.

Date _____ Signature _____