

ASSUMPTION OF RISK: I agree that my use of the equipment, bikes and facilities will be at my sole risk. I further agree that Miami Chic DBA Fit Living by Chris (FLbyC) will not be responsible for any injuries or damages to me, whether or not FLbyC may have been negligent in any way, and I covenant not to file suit or commence a civil action against FLbyC for any injuries or damages, even if FLbyC is negligent.

Fit Living by Chris urges all to obtain a physical examination from their physician prior to the use of any exercise equipment or participating in any exercise class. In recognition of the possible dangers connected with any physical activity, member(s) and their heirs, estates and assigns, hereby knowingly and voluntarily waive their right or cause of action of any kind whatsoever arising as the result of such activity from which any liability may or could accrue to Miami Chic DBA Fit Living by Chris, its officers, agents, employees or other instructors and covenant not to sue any such persons/entities for damages, even if such parties/entities are negligent.

GENERAL STATEMENT OF PROGRAM OBJECTIVES AND PROCEDURES: I understand that this physical fitness program and any group class associate with it includes exercises to build the cardio respiratory system (heart and lungs), the musculoskeletal system (muscle endurance and strength, and flexibility), and to improve body composition (decrease of body fat in individuals needing to lose fat, and increase in weight of muscle and bone). Exercise may include aerobic activities (treadmill, walking, running, TRX, bicycle, Spinning, group aerobic activity, swimming, and other aerobic activities). Also, callisthenic and weight lifting to improve muscular strength and endurance and flexibility exercises to improve joint range of motion.

DESCRIPTION OF POTENTIAL RISKS: I understand that the reaction of the heart, lung, and blood vessel system to exercise cannot always be predicted with accuracy. I know there is a risk of certain abnormal changes occurring during or following exercise which may include, but isn't limited to, abnormalities of blood pressure or heart attacks. Use of the weight lifting equipment and engaging in heavy body calisthenics may lead to musculoskeletal strains, pain and injury if adequate warm-up, gradual progression, and safety procedures are not followed. I understand that Miami Chic DBA FLbyC shall not be liable for any damages arising from personal injuries sustained by me while and during the ONE-ON-ONE TRAINING PROGRAM OR GROUP CLASS. I understand that using the exercise equipment during the ONE-ON-ONE TRAINING PROGRAM OR GROUP CLASS is at my own risk. I assume full responsibility for any injuries or damages which may occur during the training. I accept the equipment in "as-is" condition and assume all risks associated with my use of the equipment.

I hereby fully and forever release and discharge Miami Chic DBA FLbyC, its assigns and agents from and all claims, demands, damages, rights of action, present and future therein.

I understand and warrant, release and agree that I am in good physical condition and that I have no disability, impairment or ailment preventing me from engaging in active or passive exercise that will be detrimental or adverse to heart, safety, or comfort, or physical condition if I engage or participate.

I state that I have had a recent physical check-up and have my personal physician's permission to engage in aerobic and /or anaerobic conditioning.

I have read the foregoing information and understand it. Any questions which may have occurred to me have been answered to my satisfaction.

"I give Miami Chic, FLbyC and/ or Cristina Malafy permission to use my picture and/or video taken during group class or private personal training session for marketing purposes on social media and/or other platforms".

Signature
