



Waiver and Release of All Claims by Client

The Client acknowledges that any program of fitness exercise involves a risk of injury.

The Client represents that he/she has been recently examined by a medical doctor and been found able to undertake a program of exercise.

For and in consideration of the design of an exercise program and personal training services for Client by _____ (" St. Louis City Fitness LLC and/or Trainer"),

1. Client agrees that any exercise program or personal training service designed and administered by Trainer shall be undertaken by Client at his/her sole risk; and
2. Client agrees that St. Louis City Fitness LLC and/or Trainer shall not be liable to Client, nor any other person, for any claims or causes of action of whatsoever nature arising out of or connected with the services of St. Louis City Fitness LLC and/or Trainer; and
3. Client hereby agrees to release and hold St. Louis City Fitness LLC and Trainer harmless from any and all claims or caused of action of whatsoever nature arising out of Trainer's activities and services provided for the benefit of Client including, but not limited to, damage to Client's property or personal injury, regardless of whether such damage, injury, claim or cause of action arises directly or indirectly or, in whole or in part, out of the negligent acts or omissions of St. Louis City Fitness LLC or Trainer.

Client's signature

Date