

## WAIVER

I have enrolled in a program of strenuous physical activity including, but not limited to, weight training, aerobic exercise, resistance bands, physio ball, and use of various aerobic-conditioning machinery offered by West Boylston Fit Body Boot Camp (WBFBBC). I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program.

In consideration of my participation in WBFBBC's training and exercise program I, for myself, my heirs, personal representatives, next of kin and assigns, hereby release and forever discharge WBFBBC, their personal representatives, assigns, heirs, and next of kin from any and all claims, demands, actions, or cause of action, of whatever kind and nature, either in law or in equity, whether known or unknown, suspected or unsuspected, foreseen or unforeseen, actual or potential, arising or resulting from my participation in the exercise program or any activities in connection therewith, whether caused by negligence or otherwise.

Furthermore, I fully understand that I may injure myself as a result of my participation in WBFBBC's exercise program and I, for myself, my heirs, personal representatives, next of kin and assigns, hereby release, waive and covenant not to sue WBFBBC, their personal representatives, assigns, heirs, and next of kin, from any liability now or in the future for all loss, damage or injury, and any claim or damage therefor, including, but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and any other illness, soreness, or injury, however caused, occurring during or after my participation in the exercise program or any activities in connection therewith.

I agree that this release is intended to be as broad and inclusive as permitted by the laws of Massachusetts and that if any portion of the release is held invalid, it is agreed that the balance will notwithstanding, continue in full legal force and effect. The terms of this release are contractual and not a mere recital.

I further state that I have carefully read the above release and know the contents of the Waiver and sign this Waiver as my own free act.

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Signature

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Date

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Print Name

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Phone Number