



PARTICIPANT RELEASE OF LIABILITY & KNOWLEDGE OF AGREEMENT

- 1) I, _____, wish to participate in the exercise and training program offered by PJ Wren. I understand there are inherent risks in participating in a program of strenuous exercise. I agree that PJ Wren. shall not be liable or responsible for any injuries to me resulting from my participation in the fitness program (whether at home, at the training studio, outdoors, or at a corporate, commercial, residential or other fitness facility) and I expressly release and discharge PJ Wren., its owners, employees, agents and/or assigns, from all claims, actions, judgments and the like which I or my heirs, executors, administrators or assigns may have or claim to have as a result of any injury or other damage which may occur in connection with my participation in the fitness program, excepting only an injury caused by the gross negligence or intentional act of such person or persons. This Release shall be binding upon my heirs, executors, administrators and assigns.

I have read and understand this term: _____(initial)

- 2) I certify that the answers to the questions outlined on the PAR-Q form are true and complete to the best of my knowledge. I acknowledge that medical clearance is required if I have answered "Yes" to any of the questions on the PAR-Q form. I understand and agree that it is my responsibility to inform my Personal Trainer of any conditions or changes in my health, now and on going, which might affect my ability to exercise safely and with minimal risk of injury.

I have read and understand this term: _____(initial)

- 3) I understand the results of any fitness program cannot be guaranteed and my progress depends on my effort and cooperation in and outside of the sessions.

I have read and understand this term: _____(initial)

- 4) I understand that all Private Personal Training rates are based on 30 or 55 minute sessions and should I arrive late, there is no guarantee that I will receive the full session with my trainer.

I have read and understand this term: _____(initial)

Turn page please...

What I Want Is Within Me

- 5) I understand that PJ Wren bills her Personal Training clients on a pre-paid basis. Once I have decided upon the type of training package I will purchase, payment must be made before the sessions are conducted. Cash and cheques, made payable to PJ Wren, are accepted. I understand that all Personal Training sessions are non-transferable and non-refundable. I also understand that all Private Personal Training sessions must be redeemed within an allotted time frame.

I have read and understand this term: _____(initial)

- 6) I understand that PJ Wren operates on a scheduled appointment basis for all Private Training sessions and thus, requires that I provide 24 hours of notice when canceling an appointment. Should I cancel a session with LESS than 24 hours prior notice, I will be charged in full for that session. I understand that PJ Wren recommends that all cancelled sessions be rescheduled to ensure consistency and fitness progress.

I have read and understand this term: _____(initial)

- 7) I understand that during a personal training session, PJ may have to use Touch Training to correct alignment and/or to focus my concentration on a particular muscle area to be targeted.

I have read and understand this term: _____(initial)

I have read this Release and Terms of Agreement and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

CLIENT

PERSONAL TRAINER

DATE

DATE