



Informed Consent & Release of Liability

1. I, for myself, and on behalf of my spouse, heirs, assigns, personal representatives, and next of kin, hereby release, indemnify, and hold harmless CROWBAR GYM and all of their officers, agents, contractors, employees, instructors with respect to any and all injury, disability, death, or loss of damage to person or property, whether due to or arising from the negligence or carelessness of the or otherwise, the fullest extent permitted by law.
2. I hereby consent to voluntarily engage in a plan of personal fitness training recommended to me for improvement of my general health and well being. The levels of exercise I perform will be based upon my current levels of cardio-respiratory and muscular fitness. I understand that I may be required to undergo a fitness assessment to evaluate my present level of fitness and/or obtain a physician's consent to exercise
3. I will be given exact instructions from my instructor and agree to participate in accordance to the instructor's direction.
4. I have submitted all necessary medical information on my medical history page including any prescription medications I am currently taking.
5. I agree that I will voluntarily participate in the physical activities taught by my instructor unless symptoms such as fatigue, shortness of breath, chest discomfort, or similar occurrences appear. At any point, I understand that it is my complete right to decrease or stop exercise, and it is my obligation to inform the instructor of my symptoms.
6. I understand that in the performance of my training program, the physical touching and/or positioning of my body may be necessary to ensure proper muscle and joint function and alignment. I expressly consent to physical content for these reasons.
7. I understand and have been informed that there exists the possibility of adverse changes and/or risk of bodily injury occurring during exercise including, but not limited to: abnormal blood pressure, fainting, dizziness, disorders of heart rhythm; in rare instances heart attack, stroke, paralysis, or death; and injuries to muscles, ligaments, tendons, and joints. I fully understand and accept the risks associated with exercise, including the risk of bodily injury, heart attack, stroke, paralysis, or even death, and knowing these risks it is my desire to participate as herein indicated and to assume full responsibility for my participation and actions.
8. I agree that this Informed Consent and Release of Liability Agreement is to be construed and governed under the laws of the VIRGINIA, CROWBAR GYM LLC is resides in. In signing this Agreement, I acknowledge that I have read this entire Agreement, that I understand its terms, that I have had the time and opportunity to read and ask questions regarding the Agreement. Also, I have signed the Agreement knowingly and voluntarily, and that by signing it, I understand that I am giving up substantial legal rights I might have otherwise.