

## Edgy Girl Fitness Documents

### Liability and Waiver

Client acknowledgement and assumption of risk and full release from liability of Edgy Girl Fitness/Fatimah Ray: Client acknowledges that the Personal Training here under includes participation in strenuous physical activities, including but not limited to, cardio, weight training, stationary bicycling, and various workout routines. Client acknowledges these Physical Activities involve inherent risk of physical injuries or other damages, including but not limited to, heart attacks, muscle strains, pull or tears, broken bones, shin splints, heel prostration, knee/lower back/foot injuries and other illness, soreness, or injury however caused, occurring during or after client participation in the Physical Activities. Client acknowledges that participation will be physically and mentally challenging, and client agrees that it is the responsibility of client to seek competent medical or other professional advice, regarding any concerns involved with the ability of client to take part in Body of Change Physical Activities. By signing this agreement, client asserts that he or she is capable of participating in the physical activities. Client agrees to assume all risk and responsibility for not exceeding his or her own physical limits. Clients, on behalf of clients his or her heirs, assigns and next of kin, agrees to fully release Edgy Girl Fitness (as well as Owner Fatimah Ray) from any and all liability, claims and/or litigation actions that client may have for injuries, disability or death or other damages of any kind, including but not limited to punitive damages, arising out of participation in Edgy Girl Fitness Training, including but not limited to the Personal Training/Nutritional Programs and the Physical Activities, even if caused by the negligence, gross negligence, intentional acts or omissions and/or any other type of fault of Edgy Girl Fitness and Owner Fatimah Ray.

**Payments:** Payments are due prior to training beginning period with the exception of the Edgy Girl Corporate Plan, which allows you to put down a \$250 deposit and pay \$112 a month.

**Mandatory Paperwork:** Before a client can get started training please complete the meal and fitness questionnaire form and please sign and date this disclaimer form.

**Refund Policy:** Client also acknowledge that there is no monetary refund once you purchase an Edgy Girl Fitness Package. If client decides to discontinue program for any reason, Edgy Girl Fitness Personal Training offers a 30 day return to training option from the day a client stops. This 30 day return will not guarantee same schedule when client left program.

**Cancellation and Rescheduling Sessions:** Training sessions starts immediately after money is received and a schedule has been set. Please notify Edgy Girl Fitness 24 hours in advance via phone call, text, or email if you cannot make it to your session.

Client Print: \_\_\_\_\_

Client: Signature: \_\_\_\_\_

Witness Print: \_\_\_\_\_

Witness Signature: \_\_\_\_\_