

I, give my consent to participate in the physical fitness program conducted by Herring fitness and agree to follow the rules below..

Streaming Session Rules

I understand that my participation in the streaming exercise program may be terminated without refund for the following reasons after my first offense:

I will wear clothing appropriate for exercise in public. I will respect everyone involved by wearing modest, appropriate gym wear. Shirts must be worn at all times by men and women, and exercising in a short top or sports bra is not acceptable. I will request more information if I am not sure what this means. I also understand that I do not have to show myself during the exercise class but can opt out by simply turning my own video transmission off.

I will use the time during the exercise streaming class to exercise and learn correct form and theory. I will not try to take over the class, I will not take excessive time out of the class for my own benefit. I will not discuss politics, religion, or other non-exercise related topics during class.

I will keep my microphone muted during class except when appropriate to un-mute to ask questions.

I will be kind and respectful to everyone involved in the forum. I will not make fun of, or say disparaging remarks to any person, and I will absolutely not take any screen shots or photos of anyone I may see working out on the screen. I will never post or text photos or video from the exercise stream to any social media or other social network without prior consent of any person in the photo or video and Germaine Herring.

I consent to Herring Fitness recording classes I participate in and using the recordings for advertising, and other class/instructional purposes without payment to me or my representatives.

Benefits

Participation in a regular program of physical activity has been shown to produce positive changes in a number of organ systems. These changes include increased work capacity, improved cardiovascular efficiency, and increased muscular strength, flexibility, power, and endurance.

Risks

I recognize that exercise carries some risk to the musculoskeletal system (dizziness, discomfort in breathing, heart attack). I hereby certify that I know of no medical problem that would increase my risk of illness and injury as a result of participation in a regular exercise program and will not hold Germaine Herring or anyone working for him liable for injury while partaking in classes or training sessions. I will be responsible for my personal health and well being. I also understand that this exercise program is not intended to replace any other medical test or the services of my physician. I will be keenly aware of my own body and in the event that I feel any item I am asked to do may do me physical harm I will choose if I participate or not. By signing/accepting this consent form, I understand that I am personally responsible for my actions during any exercise session with Herring Fitness, and that I waive the responsibility of the company Herring Fitness or the person Germaine Herring if I should incur any injury as a result of anything that I do during the streaming session.