

Altitude Peak Fitness

CONSENT AND WAIVER OF LIABILITY

This is to certify that I, _____, with full knowledge and understanding that participation in the physical activities and fitness training services offered by Altitude Fitness, LLC, d/b/a Altitude Peak Fitness, a fitness training program (“Altitude Peak Fitness”), involve increased risk of personal injury to me. Such personal injury may result from my own action or inaction and/or the action or inaction of others.

I hereby acknowledge that Altitude Peak Fitness does not guarantee specific fitness results without my commitment and ability to set and meet clear and realistic goals specific to my health, endurance and strength, with such goals to include, but not be limited to, diet and lifestyle changes consistent with the Altitude Peak Fitness training program. I accordingly do hereby assume all responsibility for the results that I desire to achieve through my participation in any Altitude Peak Fitness training program.

I hereby certify that I have disclosed in writing to the staff of Altitude Peak Fitness any known physical or mental illness or weakness that would increase the risk to me of participation in exercise. I do hereby declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent or impair my participation in any of the activities associated with the fitness training programs offered by Altitude Peak Fitness. I do hereby assume all responsibility for my actions and physical conditions, including injuries, arising from my participation in any Altitude Peak Fitness activity.

In consideration of my voluntary participation in any and all activities or programs offered and provided by Altitude Peak Fitness, I do hereby waive, release, and forever discharge, and covenant not to sue Altitude Peak Fitness or its owners, officers, agents, employees, representatives, contractors and affiliates from any and all responsibility or liability for injuries or damages to me resulting from my participation in any Altitude Peak Fitness training activity.

Acknowledgement and Understanding:

I have read the above Consent and Waiver of Liability (“Consent”), and fully understand its terms, including understanding that I am giving up substantial rights, including my potential right to sue. I acknowledge that I am signing the Consent freely and voluntarily, and intend by my signature to completely and unconditionally release the identified parties from and of all liability to the greatest extent allowed by law.

Date: _____

Signature of Parent/Guardian of Minor
Participants Age (if Minor) _____

Signature of Participant