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**Elite Health & Fitness Training, Inc.**  
**AGREEMENT OF RELEASE & WAIVER OF LIABILITY**

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I, \_\_\_\_\_, hereby agree to the following:

1. I am participating in the health & fitness classes, programs and/or workshops offered by Elite Health & Fitness Training, Inc., during which I will receive information and instructions about health & fitness. I recognize that fitness programs require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the health & fitness classes, programs and/or workshops. I represent and warrant that I am physically fit and I have no medical condition(s), which would prevent my full participation in the health & fitness classes, programs and/or workshops offered by Elite Health & Fitness Training, Inc.
3. In consideration of being permitted to participate in the health & fitness classes, programs and/or workshops, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I may incur as a result of participation.
4. In further consideration of being permitted to participate in the health & fitness classes, programs and/or workshops, I knowingly, voluntarily and expressly waive any claim I may have against Elite Health & Fitness Training, Inc. for any injuries or damages that I may sustain as a result of participation.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Signature of participant: \_\_\_\_\_

Date: \_\_\_\_\_

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OR

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As legal guardian of \_\_\_\_\_, I consent to the above terms and conditions.

Date: \_\_\_\_\_

Signature of parent/guardian of participant: \_\_\_\_\_