

Town of Herndon Parks & Recreation Department – Personal Training Waiver

I understand and am aware that fitness activities including strength, flexibility and aerobic exercise, with or without equipment, are a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death. I acknowledge that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I will not participate unless I am medically able, and by my signature below, I certify that I am medically able to participate, and am in good health. I hereby agree to expressly assume and accept any and all risks of injury or death. I also understand there are risks to my person and/or property connected with participation in online content, including classes, training and fitness videos.

In consideration of being allowed to utilize the equipment and facilities of and participate in personal training at the Herndon Community Center or participate in online personal training sessions, online classes, videos, live-stream or other web-based services, in addition to the payment of any fee, I hereby agree for myself, my heirs, my executors, administrators and assigns to waive all claims against, release, indemnify, defend, and hold harmless the Town of Herndon, its officials, supervisors, employees, instructors and agents (the “Town”) from any and all claims or liabilities for any injuries, disability, death, loss or damage to person or property, however caused, arising out of or connected with my use of the facilities or participation in any physical activities, and waive my ability to bring any legal action against the Town as I am voluntarily electing to participate in physical activity.

Signature

Date