



Progressive Fitness, LLP

INFORMED CONSENT for EXERCISE PARTICIPATION

I desire to engage voluntarily in an exercise program in order to attempt to improve my physical fitness. I understand that the activities are designed to place a gradually increasing workload on the cardiorespiratory and/or muscular system to thereby attempt to improve its function. The reaction of the cardiorespiratory system to such activities can't be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes might include abnormalities of blood pressure or heart rate.

I understand that the purpose of the exercise program is to develop and maintain cardiorespiratory fitness, body composition, flexibility and muscular strength and endurance. A specific exercise plan will be given to me, based on my needs and interests and my doctor's recommendations. All exercise programs include warm-up, exercise at target heart rate and cool-down. The programs may involve walking, jogging or cycling; participation in exercise fitness, rhythmic aerobic exercise or choreographed fitness classes; or calisthenics or strength training. All programs are designed to place a gradually increasing workload on the body in order to improve overall fitness. The rate of progression is regulated by exercise target heart rate and perceived effort of exercise.

I understand that I am responsible for monitoring my own condition throughout the exercise program and should any unusual symptoms occur, I will cease my participation and inform the instructor of the symptoms.

In signing this consent form, I affirm that I have read this form in its entirety and that I understand the nature of the exercise program, I also affirm that my questions regarding the exercise program have been answered to my satisfaction.

Also, in consideration for being allowed to participate in an exercise program, I agree to assume the risk of such exercise and further agree to hold harmless Progressive Fitness, LLP and its staff members conducting the exercise program from any and all claims, suits, losses or related causes of action for damages, including, but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from, the exercise program.

I understand that I am responsible for my children and/or any other minors, and the actions of said children/minors, who I bring with me on the premises. I do hereby waive, release and forever discharge Progressive Fitness, LLP and its directors, officers, agents, employees, representatives, successors and assigns, administrators, executors, and all others from any and all responsibilities or liability from injuries or damages resulting from said children/minors participation in any activities or their use of equipment or machinery in the above mentioned activities. I do also hereby release Progressive Fitness, LLP, those already mentioned and any others acting on behalf from any responsibility or liability for any injury or damage to said children/minors, including those caused by the negligent act or omission in any way arising out of or connected with said children/minors participation in any activities of Progressive Fitness, LLP or the use of any equipment at Progressive Fitness, LLP.

DATE

PRINTED NAME

SIGNATURE