

## Disclaimer Form for Aerial Fitness, Flexibility Training and Gym Fitness



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### **Aerial Fitness, Flexibility Training and Gym Fitness Disclaimer:**

Participant's Name:

I hereby acknowledge that I have voluntarily chosen to participate in one of the following classes listed .....

**Aerial Fitness, Flexibility Training and Gym Fitness** provided by Nix Fitness Academy . I understand that these activities involve certain risks, including the risk of serious injury, disability, or even death, and I agree to release and discharge Nix Fitness Academy, its instructors, employees, and agents from any liability arising out of any such injury, loss, or damage sustained during or resulting from my participation in these activities.

I acknowledge and understand that Aerial Fitness, Flexibility Training and Gym Fitness involve physical exertion and the use of equipment such as aerial silks, hoops, weights, pole apparatus, and aerial hammocks. I am fully aware of the potential risks associated with these activities, which may include, but are not limited to, muscle strain, falls from heights, collisions, equipment failure, entanglement, and personal injury leading to serious consequences, including death.

I certify that I am physically fit to participate in aerial fitness, pole fitness, and yoga classes and have not been advised otherwise by a qualified medical professional. I will inform the instructor of any health conditions, injuries, or limitations that may affect my ability to participate safely.

I assume all responsibility for any and all risks, known or unknown, associated with aerial fitness, pole fitness, and yoga activities. I understand that it is my responsibility to listen to my body, work within my own limits, and seek assistance or guidance from the instructor when needed.

I hereby waive, release, and discharge Nix Fitness Academy, its instructors, employees, and agents from any liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by me during my participation in one of Nix Fitness Academy's classes , whether caused by negligence or otherwise.

I acknowledge that I have read and understood this disclaimer form in its entirety and voluntarily sign it as my own free act and deed.

Participant's Name:

Date:

Participant's Signature:

Participant's Address: