

RE: WAIVER OF LIABILITY FOR EXERCISE TRAINING

Ronald D Helman 4444 North Flagler Drive, unit 1104, West Palm Beach, Florida, 33407  
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RE: WAIVER OF LIABILITY FOR EXERCISE YOGA COACH TRAINING

I, \_\_\_\_\_ residing at [Client's Address], hereby acknowledge and agree to the following terms and conditions as a participant in the exercise training program provided by Ronald D Helman (hereinafter referred to as the "Trainer/Coach"):

1. Assumption of Risk: I am fully aware that the exercise training program involves physical activity, which may include, but is not limited to, cardiovascular exercise, strength training, flexibility exercises, and other fitness activities. I understand that participating in these activities involves certain risks, including but not limited to, sprains, strains, fractures, or other injuries. I voluntarily assume all such risks and hereby release the Trainer from any and all claims, liabilities, damages, or actions arising out of or in connection with my participation in the exercise training program.
2. Fitness to Participate: I declare that I am in good health and have no medical condition or physical limitation that would prevent me from participating in the exercise training program. I understand that it is my responsibility to consult with a physician or healthcare professional prior to commencing any exercise program to ensure that I am physically capable of participating.
3. Waiver and Release: In consideration of being allowed to participate in the exercise training program, I hereby waive, release, and discharge the Trainer from any and all claims, demands, actions, or causes of action arising out of or in connection with any loss, damage, or injury, including but not limited to personal injury or property damage, sustained while participating in the exercise training program, whether caused by the negligence of the Trainer or otherwise.
4. Indemnification: I agree to indemnify and hold harmless the Trainer from any and all claims, liabilities, damages, or actions arising out of or in connection with my participation in the exercise training program. This includes, but is not limited to, any claims made by third parties arising from my conduct or actions during the program.
5. Confidentiality: I understand that during the exercise training program, I may have access to confidential and proprietary information of the Trainer, including training methods, strategies, and client information. I agree to maintain the confidentiality of such information and not to disclose or use it for any unauthorized purposes.
6. Governing Law and Jurisdiction: This waiver shall be governed by and construed in accordance with the laws of Florida. Any disputes arising under or in connection with this waiver shall be subject to the exclusive jurisdiction of the courts of Florida.

Include any other information that you wish to communicate:

By signing below, I acknowledge that I have carefully read and understood this waiver of liability and voluntarily agree to its terms and conditions.

[Signature] [Date]

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