

WAIVER & RELEASE FORM AND PHOTO CONSENT

Keepunchin LLC

Because physical exercise can be strenuous and subject to risk of serious injury, Defined Fitness and your personal trainer urges you to obtain a physical examination from a doctor before beginning any exercise or training program. You agree that by participating in these physical exercise sessions or personal training activities, you do so **entirely at your own risk.** This includes, without limitation, (a) your use of all amenities and equipment in the facility and any off site location and your participation in any activity, class, program, personal training or instruction, (b) the sudden and unforeseen malfunctioning of any equipment (c) our instruction, training, supervision, or dietary recommendations. You agree that you are voluntarily participating in these activities and use of these facilities and premises **and assume all risks of injury.** You expressly agree to release and discharge your personal trainer or instructor, and from any and all claims or causes of action. This waiver and release of liability includes, without limitation, all injuries to you which may occur, **regardless of negligence.**

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be valid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions served here from.

I, _____ grant permission to **Keepunchin LLC** to use my photo for social media purposes. I understand that by providing this permission, my photo may be used , reproduced, distributed, and displayed on various social media platforms owned or operated by **Keepunchin LLC**. I acknowledge that my photo may be shared , reshared , and downloaded by other users on social media. I release **Keepunchin LLC** from any liability or claims arising from the use of my photo on social media. This permission is granted without any expectation of compensation or credit for the use of my photo.

Signed: _____

Printed Name: _____

Date: _____