



EFFECTIVE FITNESS

Making Healthy a Habit

Liability Waiver & Release

I understand that participating in the fitness classes, personal training, and related activities with Wanda Rowe (Effective Fitness) involves physical activity and carries a risk of injury. I agree to participate at my own risk and take full responsibility for my health and safety.

I release and hold harmless Wanda Rowe, her business, and any associated facilities from any liability, claims, or demands for injuries, damages, or losses that may result from my participation.

I confirm that I am physically able to take part in these activities and have consulted with my doctor, if I have any medical concerns. I agree to inform Wanda of any changes to my health that could affect my participation.

Name _____

Signature_____

Date _____