

**FITNESS THAT WORKS, INC.
AGREEMENT AND RELEASE OF LIABILITY**

Agreement:

This contract is being entered into between Fitness That Works, Inc.

instructor(s)/trainer(s) and client, _____ / _____
name phone (H/W)

address: street _____ city _____ state _____ zip _____
for _____ beginning on _____ for a period of _____

program start date frequency
Client agrees to purchase _____ sessions; _____ per session, for a
quantity/duration
total program cost of _____ to be paid in full one week prior to the start date.

Sessions must be completed within _____. This agreement will continue until or
unless a written 15-day notice or termination is sent by either party to the other.

Cancellation Policy: If cancellation is not received 24 hours in advance, the client acknowledges that the training session is considered to have occurred. This would be counted against the total package, or billed if it happens to be an individual session. If a client discontinues training before the end of the package, each trained session is treated as an individual session; the client will be credited the difference.

Release of Liability:

I understand that certain elements of this program can be physically demanding and that I will need to change various aspects of my lifestyle to realize the goals I have set for this program. As a condition of my enrollment, I accept full and complete responsibility for my own ability to healthfully participate in this program. This means I acknowledge the Fitness That Works, Inc. recommendation that I obtain a physician's approval of my participation in this program. I agree to hold Fitness That Works, Inc., its officers, shareholders, employees, agents, successors and assigns free and harmless of any and all liability for any subsequent injury or health problem that may result from or be aggravated by my participation in this program.

I realize that Fitness That Works, Inc. is responsible only for providing the coaching I request by hiring these services. I am responsible for my own participation in this program, for my own physical and emotional well-being and for the attainment of the goals I have established for this program. I agree to hold Fitness That Works, Inc. and its officers, shareholders, employees, agents, successors and assigns free from any and all liability in connection with my performance in this program. I willingly and knowingly assume for myself and my heirs, family members, executors, administrators and assigns any risk associated with my participation in the Fitness That Works, Inc. program.

Participant signature/date

Fitness That Works, Inc./date

Participant signature/date