

## **Waiver and Release of Liability**

I, \_\_\_\_\_, hereby agree to the following:

1. I understand that I am participating in Personal Training sessions offered by VRoK Fitness, LLC including owner, Kylie V. Ross. And it is my responsibility to consult with a physician, prior to participating.
2. I represent and warrant that I am physically fit and have no medical condition that would prevent my participation. I agree to assume full responsibility for any risks, injuries, or damages, both known and unknown.
3. I knowingly, voluntarily, and expressly waive any claim I may have against VRoK Fitness, LLC, Kylie V. Ross; owner or team member, for injury, damages, or even death that I may sustain as a result of participating in the class.
4. I give my full consent to photos, testimonies, and/or videos taken before, during and/or after session.
5. I understand that the intent of the above information will be used to share with other that visit [www.vrokfitness.net](http://www.vrokfitness.net) to increase membership to services provided by VRoK Fitness, LLC.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Name (Please print): \_\_\_\_\_

Date: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Email: \_\_\_\_\_

In case of emergency: \_\_\_\_\_

Phone: \_\_\_\_\_

(Parent's signature if under 18 years of age)

I represent that I have legal capacity and authorization to act on behalf of the minor named herein.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### *PT Policies:*

- Once we have scheduled a session, be sure to bring your card to be punched each time for accountability.
- If you cannot make a session, it is your responsibility to immediately contact VRoK Fitness, no later than 24 hrs prior so that you do not lose your session.
- If there is no communication at least 24 hrs prior to our scheduled session, it will count as a session.
- 2 “no show” sessions will be grounds for client termination from program—*no refunds will be given, no further money will be owed*
- VRoK Fitness will wait no longer than 15 minutes into session before leaving if no show
- A session will consist of either a 30 minute face-to-face or virtual workout session, or may consist of a phone call or text that lasts over 20 minutes. *If call or text seems to be lasting more than 20 mins, an official workout session will be suggested.*
- Be kind, respectful, courteous and be responsible for bringing your tools (book, punch card, etc.) received to each session.
- Be sure to weigh each Friday morning first thing and send to VRoK for record keeping. Sunday check-ins are optional.
- The meal plan offered is for you, along with the meal containers; however, are optional as well. *Please note: exercise without proper nutrition will only hinder your success and personal health goals.*
- You are responsible for following the program to the best of your abilities for optimal success.

### *Applicable Certifications:*

- *Certified Personal Training – SCW Fitness*
- *CPR and AED*