

NVBfitness

Studio • Online • Home • Fun

NELSON BELTIJAR Phone: (416) 564-0372 E-mail: nelson@nvbfitness.com Website: NVBfitness.com

This waiver, release, and agreement is entered into and between the undersigned and Nelson Beltijar (American Council on Exercise – Certified Personal Trainer)

I, the undersigned _____ hereby acknowledge that the following was explained to me and agree to the following:

1. Acknowledges that it would be in the best interest of the undersigned to consult with their Family Physician BEFORE starting any exercise program. However, the choice is that of the undersigned.
2. Acknowledges that the undersigned has been told that if they feel lightheaded, tired, nausea, pain or feel out of the ordinary in any way either related to training, or otherwise, the undersigned MUST inform the instructor and STOP all activity IMMEDIATELY and contact a physician at once.
3. Acknowledges that participation in an ONLINE and / or IN PERSON physical exercise program may result in accident, injury, even death and that the undersigned assumes ALL the risks of participating themselves in these types of events and activities
4. Acknowledges that Nelson Beltijar (ACE Certified Personal Trainer) will Protect “YOUR” Confirmed Appointment “Time Selection” by saying “NO” to All Others that are requesting the exact same time window. Therefore, ALL No-Shows and Late Cancellations (cancellations made within 24 hours of the scheduled appointment) will be billed to the undersigned and will be Paid for Without Resistance in Full
5. I, The undersigned expressly waive, release, and discharge Nelson Beltijar - (American Council on Exercise – Certified Personal Trainer) – The Libra Fitness Personal Training Studio (LibraFitness.ca), their Staff, and their Studio Participants at 1116 Dundas Street East Toronto, Ontario M4M 1S1, and / or any Equipment used from all liability of death, disability, and / or personal injury

Signature (Adult)

Printed Name

Date

Witness (Adult)

Printed Name

Date