

Lionheart Fitness Liability Waiver and Release Form

Participant Information: Name: _____
Date of Birth: _____ Phone Number: _____ Email: _____
Emergency Contact Name: _____ Emergency Contact Phone: _____

Acknowledgment of Risk and Waiver of Liability

I, _____ ("Participant"), acknowledge and understand that participation in fitness and martial arts training at Lionheart Fitness, operated by Sonia Greco, involves physical activity, which may include, but is not limited to, strength training, cardiovascular training, martial arts techniques, and self-defense exercises. I recognize that participation in these activities carries inherent risks, including but not limited to, muscle strains, sprains, fractures, and other injuries.

I voluntarily assume all risks associated with my participation in training sessions at Lionheart Fitness and agree to the following terms:

1. Medical Clearance

I certify that I am physically fit to engage in exercise and martial arts training. I have consulted a physician or have chosen to participate at my own risk. I have disclosed any relevant medical conditions, including but not limited to heart conditions, respiratory issues, joint problems, or any other medical concerns that may affect my ability to train safely.

2. Waiver and Release of Liability

I release and hold harmless Lionheart Fitness, Sonia Greco, employees, trainers, contractors, and affiliates from any and all claims, demands, causes of action, damages, or liabilities arising out of my participation in training sessions, regardless of whether such injuries are caused by negligence or other circumstances.

3. Assumption of Risk

I understand and accept that engaging in fitness and martial arts training may involve risks beyond the control of the instructor, including equipment failure, other participants, and unforeseen incidents. I voluntarily assume all such risks and responsibility for any potential injuries.

4. Photography & Media Release

I grant permission for Lionheart Fitness to use photos or videos taken during training for promotional purposes, including but not limited to social media, websites, and marketing materials. (Check one)

☐ I consent

☐ I do not consent

5. Code of Conduct

I agree to follow all safety guidelines, listen to instructor directions, and conduct myself respectfully. I understand that failure to comply with gym policies may result in termination of my training without a refund.

6. Acknowledgment of Terms

I have read and understand this waiver, and I voluntarily sign it, acknowledging that I am waiving legal rights. I certify that I am 18 years of age or older. If under 18, a parent or legal guardian must sign below.

Participant Signature: _____ **Date:** _____

Parent/Guardian Signature (if under 18): _____ **Date:** _____

By signing this document, you acknowledge that you understand and accept the risks associated with training at Lionheart Fitness and waive any legal claims against the facility and its staff.