



Waiver, Release, and Assumption of Risk Form:

This form is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided.

Waiver, Informed Consent, and Covenant Not to Sue

I, _____, have volunteered to participate in a program of physical exercise under the direction of HUBA Fitness which will include, but may not be limited to, functional, weight and/or resistance training. In consideration of HUBA fitness agreement to instruct, assist, train and assess me, I do here and forever release and discharge and hereby hold harmless HUBA fitness from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from.

I understand and am aware that strength, conditioning, functional and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

I do hereby further declare myself to be physically sound and suffering from no conditioning that would prevent my participation or use of machinery or equipment. I acknowledge that I have either had a physical examination and have been given Doctors permission to participate, or that I have decided to participate in activity and use machinery and equipment without the approval of my Doctor and do hereby assume all responsibility for my participation and activities, and utilising of machinery and equipment in my activities.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT MY SUCCESSORS OR I MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST HUBA FITNESS.

Participant's signature _____ Date _____

Please print name _____

E-mail: _____ Cell: _____

MEMBERSHIP AGREEMENT Huba Fitness (Pty) Ltd "HUBA" Reg no. 2012/157482/07

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