

“Committed to a healthy mind and body”



CONSENT FORM

I, _____ do hereby consent to participate in the Physical fitness program conducted by Marcel's Total Fitness & Athletics Professional Training.

Benefits

I recognize that participation in a regular program of physical activity has shown to produce positive and beneficial changes to a person's cardiovascular and muscular systems. Such changes include, but are not limited to, increased muscular strength, power, endurance, and flexibility. The level of benefits derived from my program will depend on the effort I put forward.

Testing

I agree that prior to commencing a physical fitness program conducted by Marcel's Total Fitness & Athletics, I will undergo an evaluation by Marcel's Total Fitness & Athletics staff to determine the appropriate exercise regimen and results of the evaluation will be held in the strictest confidence. I further affirm that the information provided in the attached health and lifestyle questionnaire is complete and accurate. I have also informed Marcel's Total Fitness & Athletics of any health related issue not mentioned on the questionnaire that may relate to my exercise program and that I have consulted a physician prior to commencing any testing or exercise program.

Sessions

I agree that I will provide Marcel's Total Fitness & Athletics with no less than twenty-four (24) hour notice in the event of a session appointment cancellation. Less than twenty-four hour notice may result in a loss of that session and associated fees. I will be entitled to a pro-rated refund only in the event of; I relocate out of the area or on a physician's instructions that I terminate my program for health reasons.

Liability

I agree that I am responsible for my actions during my program and I agree to indemnify and hold Marcel's Total Fitness & Athletics harmless from any liability for any loss or injury resulting from my negligence.

Signed _____ Date: _____

Address _____ Phone: _____

City _____ Zip Code _____ Email _____

How did you hear about us?
