



Participant agreement and assumption of risk waiver

This includes: Indoor, outdoor and virtual personal training, group fitness or any organized events through “Love My Life” Fitness Inc.

In consideration of all services provided by, through, and in conjunction with Love My Life Fitness Inc. Including and not limiting to their affiliated brands such as Old School Funk®, Their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting on their behalf (hereinafter collectively referred to as Love My Life Fitness Inc., LML, and LMLFIT. I hereby agree to release, indemnify, and discharge all the above mentioned names and titles on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representatives, and estate as follows:

1. I acknowledge that Love My Life Fitness Inc. entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to my-self, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. The risks include, among other things: the hazards of walking on uneven terrain, stairs, elevators, and slips or falls; the forces of nature, including lightning and rapid weather changes; the risk of exposure to insect bites if outside; the risk of cold including hypothermia; my own physical condition, and the physical exertion associated with this activity.
2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Love My Life Fitness Inc. from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of any equipment or facility, including any such claims which alleged negligent acts or omissions of Love My Life Fitness Inc.
4. Should Love My Life Fitness Inc. or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold harmless for all such fees and costs.
5. I certify that I have adequate Insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

6. In the event that I file a lawsuit against Love My life Fitness Inc. I agree to do so solely in the province of Ontario, and I further agree that the substantive law of Ontario Canada shall apply in that action without regard to the conflict of law rules of that province. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

By signing this 2 page document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against Love My Life Fitness Inc. aka LML aka LMLFIT. Including personal claims to our trainers and staff; this is on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document. I have read and understood it. I agree to be bound by its terms.

Signature of Participant_____

Print Name_____

Address_____

Phone_____

Date _____ Parent/Guardian (if participant is under 19 years old) _____