



Client Details

First Name		
Last Name		
Nickname		
Mobile Number		
Email Address		
Home Address		
Date of Birth		
Emergency Contact Details	Name	
	Relationship to Client	
	Mobile Number	

This information will be added to your Mindbody profile and this hardcopy of your details will not be kept.

Please ensure you read and sign the Liability Waiver overleaf.

JJG Personal Training Liability Release

I/We hereby understand and acknowledge that the training, programs and events held by JJG Personal Training may expose me to many inherent risks, including accidents, injury, illness, or even death.

I/We assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me.

I/We hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity.

I/We acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and JJG Personal Training furnishing services to me, I agree, for myself and anyone entitled to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE JJG Personal Training from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in their training, programs and/or events.

By my signature I/We indicate that I/We have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Participant's Name (Please Print): _____

Participant's Signature: _____

Date: _____

In case of emergency, contact: _____

Phone: _____

(Parent's signature if under 18 years of age)

I represent that I have legal capacity and authorise to act on behalf of the minor named herein.

Parent/Guardian Signature: _____

Date: _____