

***Waiver and Assumption of Risk***  
**for Indoor/Outdoor Boot-Camps Hosted by**  
**Fierce Fitness Mobile Training**



Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Phone #: \_\_\_\_\_

Medical History (List of Medications, Allergies, any Health Conditions, Limitations, etc):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I, \_\_\_\_\_ have agreed to participate in an indoor or outdoor Boot-Camp hosted by Fierce Fitness Mobile Training. The Boot-Camp's activities include but are not limited to Circuits, Drills, Plyometrics, Functional Training, Resistance and Cardiovascular Training, Partner Games and Activities, and Flexibility Training.

I hereby acknowledge that these Boot-Camps will be held either indoors at 311 Rocky Lake Rd or anywhere throughout the HRM outdoors and understand that there are risks involved. These include but are not be limited to, injury caused from uneven terrain, weather, lighting, my current physical condition, dehydration, heat exhaustion, exercising in bare feet or the actions of others around me including but not limited to volunteers, other participants, and the instructor.

I hereby assume any and all risks arising from participating in "Boot-Camp". I do hereby forever waive, release and discharge Fierce Fitness Mobile Training and her agents, employees, representatives, executors and all others acting on behalf of Fierce Fitness Mobile Training from any and all claims or liabilities for injuries or damages to my person and/or property arising out of or connected to my participation in any activities, programs, or services provided by Fierce Fitness Mobile Training or the use of any equipment provided by/or recommended by Fierce Fitness Mobile Training.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_