



213 & 219 East 12 Mile Rd. Royal Oak, MI 48073

**1. Waiver and Release of Liability:** My child's participation in the training is voluntary and subjects me to the possibility of physical injury (which could be minimal, serious, and/or results in death) and loss of or damage to my property (collectively, "Risks"). Accordingly, I agree to the following:

- a. I hereby release and hold harmless T3 Training LLC (collectively, "Released Parties") from any claim, demand, loss, liability, damages, and attorney fees and cost whatsoever arising from related to, or resulting from these Risks ("Claims"), including those caused by the negligent acts or omissions of any or all of the Released Parties.
- b. I recognize the physical exertion involved in the training and attest and certify that I am physically fit to participate safely, and I have not been advised otherwise by a health care professional.
- c. As between each of the Released Parties and me, I will be solely responsible for any and all medical and related bills that I may incur because of any injury, as well as costs related to loss or damage to my property, that I may sustain as a result of my participation in the Programs, including those sustained on the premises where the training is conducted.
- d. This Agreement shall be binding on my estate, heirs, executors and assigns, as well as any other party asserting a claim on my behalf or on behalf of my estate.

**2. General Provisions:**

- a. I hereby expressly agree that this Agreement shall be governed and constructed accordingly, to the laws of the state of Michigan without regard to its conflict of law's provisions.
- b. This Agreement contains the entire understanding between and among the parties concerning these matters. No waiver, modification, or amendment of any of the terms of this Agreement shall be effective unless made in writing and signed by the party to be charged.
- c. I hereby expressly agree that if any portion of this Agreement is held invalid, the balance of the Agreement shall nonetheless continue in full legal force and effect.

I warrant that I have read and understand that this Agreement involves my waiver and release of significant rights and my assumption of significant indemnification responsibilities in participating in the fitness training.

Dated: \_\_\_\_\_

\_\_\_\_\_  
(signature)

\_\_\_\_\_  
(print name)