



MARINA ATHLETIC CLUB and its employees, agents or contractors, including, but not limited to Craig Stocker (collectively or individually, "MAC"), offer an intensive, physically challenging exercise program designed for fitness-minded individuals. While we customize our exercise programs to fit our clients' needs, injuries, including death, could occur during the course of the program. Advise your trainer about any existing injuries or medical conditions you may have prior to your first session. If any part of the program causes pain or is otherwise uncomfortable for you (beyond the scope of the intended physical challenge of the activity), please inform your trainer immediately. If you experience an injury during the course of the program (either with MAC or outside of the MAC program), please inform your trainer. We will do our best to design a program for you that will accommodate your overall goals, fitness level, and physical limitations.

Please read the following and sign and date below:

In consideration of my participation in any exercise program at MAC, I, for myself, my heirs and assigns, hereby release MAC from claims, demands, and any causes of action arising from my participation in any personal training program at MAC. _____(Initial) I fully understand that I may injure myself as a result of my participation in any exercise program at MAC, and hereby release MAC from any liability now or in the future including, but not limited to, heart attacks, muscle strains, broken bones, shin splints, back injuries, or soreness, occurring during or after my participation in the program. _____(Initial)

Signature

Date