

**POUND** with Cindy

**AGREEMENT OF RELEASE,  
ASSUMPTION OF RISK &  
WAIVER OF LIABILITY**



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

Address: \_\_\_\_\_

Phone: (Cell) \_\_\_\_\_

Email: \_\_\_\_\_

FACEBOOK: \_\_\_\_\_

INSTAGRAM: \_\_\_\_\_

**Emergency CONTACTS: (FOR ONLINE ZOOM & IN-PERSON LIVE CLASSES)**

Name:: \_\_\_\_\_ Relationship: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

Name:: \_\_\_\_\_ Relationship: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

This agreement is between **Cindy Henderson** (Pound Instructor), any additional Pound Instructors who may be conducting classes as appointed by **Cindy Henderson** and the individual whose name is printed and signed below:

I, \_\_\_\_\_, hereby agree to the following:

1. I am voluntarily participating in **POUND® Fitness** classes offered by a Pound instructor. I recognize that all **POUND® Fitness** classes require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in **POUND® Fitness** classes. I represent and warrant that I am physically fit, and I have no medical condition that would prevent my full participation in **POUND® Fitness** classes.
3. I agree to assume full responsibility for any risks, injuries or damages (known or unknown), property damage or loss of any kind in which I may incur as a result of participating in **POUND® Fitness** classes.
4. I knowingly, voluntarily and expressly waive any claim I may have against the authorized Pound Instructor(s) for any injuries or damages (known or unknown), property damage or loss of any kind, that I may sustain as a result of participating in any **POUND® Fitness** class.
5. This is a legally binding Release, Waiver, Discharge and Covenant Not to Sue (collectively "Release") the authorized Pound Instructor(s) for any injury, property damage or loss of any kind caused by my voluntary participation in any **POUND® Fitness** class. This Release, Waiver, Discharge and Covenant Not to Sue is made voluntarily by me, the undersigned Releasor, on my own behalf, and on behalf of my heirs, executors, administrators, and legal representatives.
6. I have read the above release, waiver of liability and assumption of risk, fully understand its contents and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily and intend by my signature to be the complete and unconditional release of all liability. I voluntarily agree to the terms and conditions stated above. This agreement remains in effect for as long as I participate in any **POUND® Fitness** class under the instruction of **Cindy Henderson**.

\_\_\_\_\_  
**Participant Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**\*Parent / Guardian Signature \*for participants under 18**

\_\_\_\_\_  
**Date**