

Consult your doctor before starting any exercise program.

Although moderate physical activity is safe for most people, health experts suggest that you talk to your doctor before you start an exercise program if any of the following apply:

Heart disease, asthma, lung disease, or type 1 or type 2 diabetes.

I acknowledge that I have been informed of the need to obtain a physician's exam and approval prior to beginning any exercise program. I understand that this program may be strenuous and choose to participate voluntarily. I accept all responsibility for my health and any resultant injury or mishap that may affect my well-being or health in any way. I hold harmless of any responsibility the instructor, facility, or any persons involved with this program.