



Gym Disclaimer

By signing up to Challenge Training Studios, we have assumed (and recommend) that you have already consulted your physician or other healthcare provider and are fit for exercise. Challenge Training Studios also recommend that you consult your physician before changing your diet or starting an exercise program.

If you wish to use the gym facilities Pay As You Go and choose NOT to have an induction, Challenge Training Studios accept your statement that you are familiar with the use of gym equipment and accept no responsibility for any injuries caused by mis-use of equipment.

As a user of Challenge Training Studios:

- I understand that there is a risk of injury associated with participating and using Challenge Training Studios.
- I hereby assume full responsibility for any and all injuries, losses and damages that I incur while attending, exercising or participating in Challenge Training Studios. I hereby waive all claims against Challenge Training Studios, its instructors, or partners of individually or otherwise, for any and all injuries, claims or damages that I might incur.

Signed:

Date: