

**Coach Bennett Personal Training/Pilates  
Waiver**

By signing this document, I acknowledge that I have been informed of the need to obtain a physician's examination and approval prior to beginning this or any exercise program. I fully understand that the program may be highly strenuous and choose to participate completely 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, Coach Bennett Life Coaching & Personal Training Services or any persons involved with this program or fitness activities.

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Signature

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Date