



DISCLAIMER FORM
Terms and Conditions

This form is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical you read and understand it completely. After you have done so, you will acknowledge this by ticking the “I accept Terms and Conditions” box at the time of booking the classes.

I have agreed to participate in Beckfit Outdoor Fitness classes. The activities of outdoor training, strength training, running, agility drills, jumping, intense cardiovascular activities and flexibility training are all part of the sessions.

To my best knowledge I am in good physical condition, I am not pregnant and have no disease, physical limitation, health concern or injury that would be aggravated or would be the cause of any injury sustained, before, during or as a result of my participation in activities related either directly and / or indirectly to Beckfit Outdoor Fitness Classes.

Fitness activities and programs require that I be in good health and have no condition that could endanger my well-being through participation, I will notify Beckfit Outdoor Fitness Classes of any such defects prior to attending any training session.

I recognise that exercise might be difficult and strenuous and there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and, in rare instances, death. I hereby agree that I am doing so at my own risk.

I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand that results are individual and may vary.

In consideration of me being accepted as a participant, I agree to release and discharge Beckfit Outdoor Fitness Classes and any of its employees, volunteers and supervisors from any injuries sustained by me as a result of participation in the classes. I agree to indemnify and hold harmless Beckfit Outdoor Fitness Classes and any of its employees, volunteers and supervisors against any liability incurred as a result of such injury or loss that may occur as a result of my participation other than as a result of Beckfit Outdoor Fitness Classes negligence.

I acknowledge that I have thoroughly read this Disclaimer and release and fully understand that it is a release of liability. By ticking the “I accept Terms and Conditions” box at the time of booking the classes, I am waiving any right I or my successors might have to bring a legal action or assert a claim against Beckfit Outdoor Fitness Classes.