

Annette Lang Education Systems
www.annettelang.com



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Injury Waiver and General Release for Participation in Small Group Training Program

By signing my name below as a client in a personal training session or program with Annette Lang/Annette Lang Education Systems, I acknowledge that participation in the program exposes me to a possible risk of personal injury. Being fully aware of such risk, I hereby release Annette Lang, Annette Lang Education Systems, and its officers, directors, employees, agents, licensees, subsidiaries, consultants, independent contractors and affiliates from any and all liability from property damage, personal injuries or other claims arising from, relative to, or in connection with my participation in the session and/or program, including claims that are known and unknown, foreseen and unforeseen, future or contingent.

I covenant that I will not now or at any time in the future, directly or indirectly, commence or prosecute any action, or other proceeding against Annette Lang/Annette Lang Education Systems, arising out of our relation to the actions, causes of action, claims and demands hereby waived, released and discharged by me.

I acknowledge that I have read and fully understand this Injury Waiver and General Release Form. This agreement will be binding on me, my spouse, my children, and my legal representatives, heirs, successors, and assigns.

Date. _____

Signature _____

Name _____

Address _____

Phone _____