



COACHING/TRAINING AGREEMENT AND WAIVER

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

In case of Emergency, please notify: _____

THIS AGREEMENT (“Agreement”) is effective as of _____ by and between DAI, LLC (“Trainer”) with its principal location at _____ and above named client (“Client”). The provision of personal coaching services by Trainer to Client, and Client’s use of any premises, facilities or equipment are contingent upon this Agreement.

PRICE AND PAYMENT: In consideration for the Services, Client agrees to pay _____ per month. DAI LLC will issue invoices in advance on the first day of each month for Services to be provided that month. All payments will be due within five (5) days of the date of the invoice.

TERM: This Agreement shall commence on the Effective Date and shall continue for _____ unless terminated earlier pursuant to the terms hereof. This Agreement shall automatically renew for successive one (1) year terms unless either party delivers written notice of nonrenewal at least thirty (30) days prior to the expiration of each one (1) year term.

ASSUMPTION OF RISK: You agree that if you engage in any physical exercise or activity, including personal training, or enter our premises or use any facility or equipment on our premises for any purpose, you do so at your own risk and assume the risk of any and all injury and/or damage you may suffer, whether while engaging in physical exercise or not. This includes injury or damage sustained while and/or resulting from using any premises or facility, or using any equipment, whether provided to you by Trainer or otherwise, including injuries or damages arising out of the negligence of Trainer, whether active or passive, or any of Trainer’s affiliates, employees, agents, representatives, successors, and assigns. Your assumption of risk includes, but is not limited to, your use of any exercise equipment (mechanical or otherwise), sports fields, courts, or other areas, locker rooms, sidewalks, parking lots, stairs, pools, whirlpools, saunas, steam rooms, lobby or other general areas of any facilities, or any equipment. You assume the risk of your participation in any activity, class, program, instruction, or event, including but not limited to cycling, weightlifting, walking, jogging, running, aerobic activities, aquatic activities, or any other sporting or recreational endeavor. You agree that you are voluntarily participating in the aforementioned activities and assume all risk of injury, illness, damage, or loss to you or your property that might result, including, without limitation, any loss or theft of any personal property, whether arising out of the negligence of Trainer or otherwise.

RELEASE: You agree on behalf of yourself (and all your personal representatives, heirs, executors, administrators, agents, and assigns) to release and discharge Trainer (and Trainer's affiliates, related entities, employees, agents, representatives, successors, and assigns) from any and all claims or causes of action (known or unknown) arising out of the negligence of Trainer, whether active or passive, or any of Trainer's affiliates, employees, agents, representatives, successors, and assigns. This waiver and release of liability includes, without limitation, injuries which may occur as a result of (a) your use of any exercise equipment or facilities which may malfunction or break, (b) improper maintenance of any exercise equipment, premises or facilities, (c) negligent instruction or supervision, including personal training, (d) negligent hiring or retention of employees, and/or (e) slipping or tripping and falling while on any portion of a premises or while traveling to or from personal training, including injuries resulting from Trainer's or anyone else's negligent inspection or maintenance of the facility or premises.

INDEMNIFICATION: By execution of this agreement, you hereby agree to indemnify and hold harmless Trainer from any loss, liability, damage, or cost Trainer may incur due to the provision of personal training by Trainer to you. **ACKNOWLEDGMENTS:** You expressly agree that the foregoing release, waiver, assumption of risk and indemnity agreement is intended to be as broad and inclusive as permitted by the law in the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. You acknowledge that Trainer offers a service to his/her clients encompassing the entire recreational and/or fitness spectrum. Trainer is not in the business of selling weightlifting equipment, exercise equipment, or other such products to the public, and the use of such items is incidental to the service provided by Trainer. You acknowledge and agree that Trainer does not place such items into the stream of commerce. This release is not intended as an attempted release of claims of gross negligence or intentional acts.

TERMINATION: Either party may terminate this Agreement in the event of a material breach by the other party which is not cured within thirty (30) days of delivery of written notice to the breaching party.

You acknowledge that you have carefully read and fully understand this Agreement and Waiver and that it is a release of liability, express assumption of risk and indemnity agreement. You are aware and agree that by executing this waiver and release, you are giving up your right to bring a legal action or assert a claim against trainer for trainer's negligence, or for any defective product used while receiving personal training from trainer. You have read and voluntarily signed the waiver and release and further agree that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

Client:

Trainer:

Print Name: _____

Print Name: _____

Signature: _____

Signature: _____

If Client is under the age of 18, waiver must be signed by parent or legal guardian

Legal Guardian Signature: _____ **I HAVE READ AND UNDERSTAND THIS WAIVER**

Legal Guardian Print Name: _____

