



Thorodin Counseling & Consulting, LLC  
**Personal Training Informed Consent, Waiver & Release**



I do hereby consent in a personal training program that will include weight training and/or cardiovascular exercise. Because physical exercise can be strenuous and subject to risk of serious injury (injury including but not limited to musculoskeletal injury, spinal injuries, abnormal blood pressure responses, and rare instances of heart attack or death), it is urged that you obtain physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so entirely at your own risk.

Any recommendation for changes in diet including the use of food supplements, weight reduction and/or bodybuilding enhancement products are your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury, illness, or death. Thorodin Counseling & Consulting, LLC, is not responsible for any loss of your personal property or damages.

This waiver and release of liability includes, without limitations, all injuries which may occur as a result of a) your use of all amenities and equipment, and your participation in any activity, class, program, personal training, supervision, or instruction, b) the sudden unforeseen malfunctioning of any equipment, c) our instruction, training, supervision or dietary recommendations, d) your slipping and/or falling while in the facility or while engaged in services, including adjacent sidewalks and parking areas.

You acknowledge that you have carefully read this “waiver and release” and fully understand that is is release of liability. You expressly agree to release and discharge the trainer/counselor/ psychotherapist from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against Thorodin Counseling & Consulting, LLC or George MacIwinen, MA, LPC, CAC I, GEP, ACE-CPT for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence.

If any portion of this release from liability shall be deemed competent by a Court of competent jurisdiction to be invalid, then the remainder of this release from all liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that release cannot be modified orally.

Signature \_\_\_\_\_ Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Please be on time for appointments. Sessions that start late still end at the scheduled time. If you are more than 10 minutes late and have not contacted your trainer it will be considered a no-show and the client will be charged for that session.*

*Cancellations need to be made 24 hours in advance of the scheduled training session.*

*Cancellations less than 24 hours in advance are the clients responsibility and are still charged the full session fee.*

*Sessions are non-refundable, non-transferrable, and expire within three months.*