

# CARRY PERMIT FITNESS MEMBERSHIP FORM



## Welcome to the Carry Permit Fitness Family

Owned and Operated by Certified Trainers Meleik and Ahna Carry



(878) 348-0278



CarryPermitFitness.com



carrypermitfitness@gmail.com

Full Name :

Full Address :

E-Mail :  Phone :

Date Of Birth :       Emergency Contact :   
D D M M Y Y Emergency Contact Phone :

Please make sure you have completed the following:

☐

Physical Activity Readiness Questionnaire (PAR-Q) Form

☐

Personal Training Purchase Agreement/Contract

☐

Successfully Setup Account in Mobile App (if applicable)

☐

Carry Permit Fitness Liability Form

## Services you're interested in adding to your fitness journey

☐

Mobile Gym Training

☐

1-on-1 Training

☐

Nutrition Coaching

☐

Group Training

☐

Virtual Fitness Training

☐

All of the above

### Tell us your why.

In moments of doubt, remember why you started this journey. Reflect on the changes you want to see and envision how this fitness journey aligns with your goals for a better YOU. Your vision not only guides your progress but also helps us understand your aspirations and inspire you with purpose and care.

# CARRY PERMIT FITNESS



## LIABILITY WAIVER AND RELEASE FORM FOR PERSONAL TRAINING SERVICES

I, \_\_\_\_\_, have enrolled in the personal training services offered by Carry Permit Fitness LLC. I acknowledge that my participation is voluntary and understand that there are inherent risks associated with physical exercise and training. By choosing to take part in these services, I agree to the following:

### Compliance with Instructions

I agree to follow all instructions provided by my trainer and to use the equipment and facilities in a manner consistent with their intended use. I understand that failure to follow instructions may result in increased risk of injury.

### Assumption of Risk

I voluntarily assume all risks associated with my participation in personal training sessions provided by Carry Permit Fitness LLC. I acknowledge and understand that physical exercise and activity carry risks of injury, including but not limited to strains, sprains, muscle soreness, and other serious conditions. While Carry Permit Fitness LLC takes every necessary and required safety precaution, I understand that some risks cannot be completely eliminated. These risks may come from my own actions, the actions of others in group settings, the condition of the facilities, or other unforeseen circumstances.

### Medical Clearance

I confirm that I have disclosed any relevant medical conditions or limitations to my trainer and agree to provide updates on my health status as necessary. If I have a preexisting condition, I confirm that I have consulted with my physician and have received clearance to participate in physical exercise.

### Waiver and Release

I agree to waive Carry Permit Fitness LLC, its owners and trainers from any claims, liabilities, or causes of action arising out of or related to any loss, damage, or injury that may occur as a result of my participation in personal training services. This waiver extends to all claims, whether they result from negligence, breach of contract, or any other cause.

### Indemnification

I agree to indemnify and hold harmless Carry Permit Fitness LLC from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney's fees, brought as a result of my involvement in personal training sessions.

### Emergency Contact

In case of emergency, please contact: Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

I have read and fully understand this Liability Waiver and Release Form. By signing below, I acknowledge that I am voluntarily giving up certain legal rights, including the right to sue. I also confirm that I am at least 18 years of age and legally competent to sign this agreement, or that I have obtained the necessary consent from a parent or guardian.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Trainer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (if applicable): \_\_\_\_\_ Date: \_\_\_\_\_