

# Register Today



## **Informed Consent for Exercise Participation**

I desire to engage voluntarily in the AZ CORE Fitness exercise program in order to attempt to improve my physical fitness. I understand that the activities are designed to place gradually increasing workload on the cardio-respiratory system and to thereby attempt to improve its functions. The reaction of the cardio-respiratory system to such activities can't be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes might include abnormalities of blood pressure or heart rate.

I understand that the purpose of the exercise program is to develop and maintain cardio-respiratory fitness, flexibility, muscular strength and endurance. All exercise programs include warm-up, exercise at target heart rate and cool down. The programs may include walking, running, rhythmic aerobic exercise, calisthenics, plyometrics, resistance and strength training. All programs are designed to place a gradually increasing workload on the body in order to improve overall fitness. The rate of progression is regulated by exercise target heart rate and perceived effort of exercise.

I understand that I am responsible for monitoring my own condition throughout the exercise program and should any unusual symptoms occur, I will cease my participation and inform the instructor of the symptoms.

In signing this consent form, I affirm that I have read this form in its entirety and that I understand the nature of the exercise program. I also affirm that my questions regarding the exercise program have been answered to my satisfaction.

In the event that a medical clearance must be obtained prior to my participation in the exercise program, I agree to consult my physician and obtain written permission from my physician prior to the commencement of any exercise program.

Also, in consideration for being allowed to participate in the AZ CORE Fitness exercise program, I agree to assume the risk of such exercise, and further agree to hold harmless AZ CORE Fitness and its staff members conducting the exercise program from any and all claims, suits, losses or related causes of action for damages, including, but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from, the exercise program.