

BODY WORK, FITNESS TRAINING, HEALTH COACHING, MASSAGE, FITTEC

Before engaging in any activities such as body work, exercise and wellness classes, fitness training, health coaching, massage sessions, online programs etc. utilizing FitTec services please read this waiver thoroughly. Using any of FitTec services or programs is an agreement of this waiver. This document outlines the potential risks associated with these services. By using FitTec services you acknowledge your understanding of these risks and agree to release FitTec and its employees, trainers, health coaches, massage therapists, and affiliates from any liability.

1. Assumption of Risk:

I acknowledge that participating in body work, fitness training, health coaching, massage sessions, utilizing FitTec services, or accessing any FitTec programmed Fitness Center involves inherent risks, including but not limited to physical injury, illness, allergic reactions, discomfort, and other health-related concerns. I choose to engage in these activities with a clear understanding of these potential risks.

2. Health and Medical Conditions:

I affirm that my physical condition allows me to partake in physical activities, health coaching, body work, and massage sessions. I have consulted a qualified medical professional to ensure that my participation is safe given my specific health conditions. I agree to promptly inform FitTec and BMS of any changes in my health or medical status.

3. Professional Guidance:

I acknowledge that the trainers, instructors, health coaches, massage therapists, FitTec staff, and administrators are not medical professionals. Any advice, guidance, or instructions received from them should not be considered a replacement for professional medical advice or diagnosis.

4. Release of Liability:

In consideration of being allowed to engage in body work, fitness training, health coaching, massage sessions, utilizing FitTec services, I release and discharge FitTec, its employees, trainers, health coaches, massage therapists, FitTec staff and administrators, and affiliates from all claims, actions, liabilities, costs, and expenses arising directly or indirectly from my participation in these activities.

5. Indemnification:

I agree to indemnify and hold harmless FitTec its employees, trainers, health coaches, massage therapists, FitTec staff, administrators, and affiliates from any liability, demands, damages, losses, or costs (including legal fees) resulting from my actions or negligence while participating in body work, fitness training, health coaching, massage sessions, utilizing FitTec services

6. Photographic and Video Release:

I grant permission to use photographs, videos, or recordings taken of me during my involvement in activities for promotional and marketing purposes without any compensation.