

**Westport Weston Family YMCA
Virtual Personal Training Waiver and Release from Liability**

Physical exercise, in all of its forms and with or without the use of equipment such as hand weights, stretch bands or any other equipment that may be used by a Personal Trainer of Westport Weston Family YMCA, is a strenuous physical activity. Accordingly, you are urged and advised to seek the advice of a physician before beginning any physical exercise regimen, routine, personal training program, or using any suggested equipment being virtually demonstrated by any Personal Trainers from the Westport Weston Family YMCA. The Westport Weston Family YMCA is not a medical organization and its Personal Trainers or staff cannot give you medical advice or a diagnosis. All suggestions and comments relating to the use of equipment, poses, moves and instruction are not required to be performed by you and are carried out at your election while viewing virtual personal training. Nothing contained herein should be constructed as any form of medical advice or a diagnosis.

By using this content, you fully understand and agree that physical exercise involves strenuous physical movement, and that such activity carries the risk of injury whether physical or mental. You understand that in a virtual training session, the Personal Trainer will not have the same level of oversight or assistance as in personal training and will not be able to assess the safety of your surroundings. You understand that it is solely your responsibility to judge your physical and mental capabilities for such activities. It is your responsibility to ensure that by participating in virtual personal training from the Westport Weston Family YMCA, you will not exceed your limits while performing such activity, and you will select the appropriate level for your skills and abilities, as well as for any mental or physical conditions and/or limitations you have. It is your sole responsibility to identify a safe and sufficient area, free of hazards, in which to participate in virtual personal training. You understand that, from time to time, Personal Trainers may suggest physical adjustments or the use of equipment, and it is your sole responsibility to determine if any such suggested adjustment or equipment is appropriate for your level of ability and physical and mental condition and the space in which you are training. You expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a Westport Weston Family YMCA virtual personal training program or use of a Westport Weston Family YMCA facility against the Westport Weston Family YMCA, or any person or entity involved with the Westport Weston Family YMCA, including without limitation, its directors, principals, instructors, independent contractors, employees, agents, contractors, affiliates and representatives.

Printed Name: _____

Signature: _____

Date: ____ / ____ / ____