



Informed Consent

I have been informed and acknowledge that in using the facility, equipment and services of Rehab2Fitness, I do so at my own risk. In consideration of, and as payment for, the right to use the facility, equipment and services of Rehab2Fitness, I have and do hereby fully assume all risk of illness and injury and hereby release and discharge Rehab2Fitness from all actions, claims, or demands for damages resulting from any personal injury sustained by me or about the premises.

I understand and am aware that strength, flexibility and aerobic exercise including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve risk of injury, and that I am voluntary participating in these activities and using equipment and machinery with knowledge of dangers involved. I hereby agree to expressly assume and accept any and all risks or injury.

Client Name

Signature

Date