Vadim Fitness Studio, Ltd.

495 Central Park Ave., Suite 207, Scarsdale, NY 10583

Informed Consent for Exercise Participation

I desire to engage voluntarily in the **Vadim Fitness Studio, Ltd.** exercise program in order to attempt to improve my physical fitness. I understand that the activities are designed to place a gradually increasing workload on the cardiorespiratory system and to thereby attempt to improve its function. The reaction of the cardiorespiratory 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 purposed the exercise program is to develop and maintain cardiorespiratory fitness, body composition, flexibility and muscular strength and endurance. A specific exercise plan will be given to me, based on my needs and interests and my doctor's recommendations. 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 would 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 Vadim Fitness Studio, Ltd. exercise program, I agree to assume the risk of such exercise, and further agree to hold harmless the Vadim Fitness Studio, Ltd. 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.

_____ Date _____

Signature of Participant (or legal guardian if younger than 18 years)

Please print:

Name: _____ Date of birth: _____

Name of Legal Guardian: _____ Relationship: _____

Address _____ Telephone _____

_____

Witness: _____