NOTICE: It is highly recommended that you seek your physician’s advice before beginning any new health/fitness/nutrition program.

RELEASE
This release is entered into between the undersigned and Fit Chicks Boot Camp, its officers, subsidiaries, affiliates, and executors in addition to the Cities of Springboro and Centerville. The purpose of Fit Chicks Boot Camp is to provide general fitness instruction and coaching for various levels of individuals.

The undersigned hereby acknowledge that the following was explained to me and/or agree to the following:

1. Acknowledges that Katie Ly is not a physician and is not trained in any way to provide medical diagnosis, medical treatment, or any other type of medical advice.

2. Acknowledges that the undersigned has been told if they feel tired, feel pain, feel dizzy, or feel out of the ordinary in any way either related to exercise, or otherwise, that the undersigned should contact a physician at once.

3. Acknowledges that fitness boot camps, weight training, obstacle courses, running, and other related fitness activities are can be a test of one’s mental and physical limits and carry with it potential for damage or loss of property, serious injury and death. That the undersigned assumes the risks of participating in these types of events/activities including the elements of a natural environment, that they are fit, and they have a regular medical physician they can contact regarding any medical problems that they might develop. The undersigned expressly waive, release, discharge and agree not to sue from any liability of death, disability, personal injury, or action of any kind Fit Chicks Boot Camp for the undersigned participating in said fitness activities.

The Undersigned agrees that this is the full agreement between the parties, that Fit Chicks Boot Camp, including Katie Ly, has not verbally contradicted any of the terms of this release and that the undersigned has entered into this agreement free and voluntarily without force or coercion.

Customer client agrees to confidentiality with respect to Fit Chicks Boot Camp and all services provided by same. The undersigned agrees to refrain from disclosing, directly or indirectly, any and all aspects of Fit Chics Boot Camp. The undersigned agrees to a non-compete within a 25 mile radius of Springboro for a period of 3 years from date of participation.

X __________________________________________

Your signature (Parent or Guardian if under the age of 18)