



ONLINE FITNESS PROGRAM WAIVER & RELEASE OF LIABILITY

By agreeing to this waiver, I acknowledge that I am voluntarily participating in online fitness classes provided by LAZER FITNESS. I understand that physical exercise involves inherent risks, including but not limited to injury, illness, or death. I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I may incur as a result of participating.

I confirm that I am physically capable of participating in these online fitness classes and have consulted with a physician if necessary. I agree to follow all instructions provided during the classes and acknowledge that LAZER FITNESS is not responsible for my personal environment, equipment, or internet connectivity.

I understand that I am responsible for bringing water and wearing appropriate, comfortable clothing suitable for physical activity. I acknowledge that fitness equipment such as a yoga or exercise mat, dumbbells or weights, resistance bands, or other workout equipment may be used during classes but are OPTIONAL unless otherwise stated.

Phones and tablets are permitted ONLY for the purpose of watching and actively participating in the online workout classes. Texting, phone calls, social media use, recording, or any other non-class-related activity during sessions is strictly prohibited. If this policy is violated, I understand that I may be required to leave the class immediately without refund.

Payments for online classes are made exclusively through www.lazerfitness.ca and are NON-REFUNDABLE under all circumstances.

I hereby release, waive, discharge, and hold harmless LAZER FITNESS and its sole trainer from any and all claims, liabilities, demands, or causes of action arising out of or related to my participation in online fitness classes.

First Name:

Last Name:

Date: