



CIJH, LLC P.O. Box 1496 Cypress, Tx 77429
www.Flexercise.net

Participates Waiver

CIJH, LLC urges all clients to obtain a physical examination from their physician prior to the use of any equipment or participation in any exercise.

By signing, class participant understands that CIJH, LLC will provide classes virtually, or a place for the course of instruction and training for which member is enrolled and that all classes, and workout sessions conducted by CIJH, LLC are supervised by qualified instructor(s). Reasonable care is taken to prevent injuries and minimize accidents. It is required that members obey the rules and regulations of the Flexercise Training Method Class and Trainings. Participates should know that aforesaid training and instructions involve some physical contact with the instructor and other members, which may occasionally result in accidental personal injury. It has also been explained to member that classes, and workout sessions involve moderate to strenuous physical exercise. Member hereby states that he/she have no physical defect or condition which would render him/her unable to participate in such classes, and sessions. Member further agrees that in the event he/she becomes physically unable to participate, he/she will immediately notify CIJH in writing, no less than seven business days from incident.

Recognizing and being aware of the aforesaid, member, individually and for his/her successors, heirs, administrator, executors, and assigns, expressly assumes all risk of injury resulting either directly or indirectly from the lessons and instructions. Class participant hereby releases CIJH, LLC, Vernon R. Henry, its successors, assigns, and all its employees, instructors, and related persons, firms, or corporations of and from every claim, demand, right or cause of action of any nature, for upon, or by any reason or any damage, loss, injury, or suffering, which hereafter may be sustained as a direct or indirect result of such training, and lessons, or in traveling to, participating in, or returning from any of same. It is further understood that the terms and condition of this agreement shall remain binding upon member in the event of accidental personal injury to the member's persona and that such personal injury will not limit or terminate any contractual obligation of any member to CIJH, LLC, or Vernon R. Henry in any manner whatsoever.

Print: _____

Sign: _____

Date: _____