

Please read this agreement ("Agreement") carefully before accessing or using the Web sites at Jillsfitnesstraining.com and its affiliated sites. By accessing or using the Site, or by choosing "Yes" during the enrollment process, you agree to be bound by this Agreement. We provide the information and services on these Sites to you, the user, conditioned on your acceptance without modification of the terms, conditions and notices contained herein. Your use of the Site constitutes your agreement to all such terms, conditions and notices.

Liability Release Agreement (Individual)

I hereby accept all risks associated with my Jillís fitness training program and release and forever discharge Jill Gaffron and Jillís fitness training and its respective heirs, directors, officers, agents, employees, representatives, successors and assigns, administrators, executors, and all others (iRELEASEESi) from any and all responsibilities or liability from injuries or damages resulting from or connected with my participation in any of the Jillís fitness training exercise programs whether arising from the negligence of the RELEASEES or otherwise.

1. I acknowledge and fully understand that I will be engaging in training activities that potentially involve the risk of serious injury or possibly permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence, but the actions, inactions, or negligence of others, the condition of the premises or any equipment. Further, that there may be other risks not known or not reasonably foreseeable at this time.
2. I further acknowledge and understand that Jillís fitness training and its employees are not licensed dieticians and that any nutritional information or guidelines provided by Workouts For You carries no warranty of any kind, express or implied, including but not limited to warranties regarding safety or suitability for a particular purpose.
3. I hereby assume full responsibility for all the foregoing risks, known and unknown, and accept responsibility for the damages following any injury, permanent disability, or death.
4. I shall indemnify and hold Releasees harmless from any and all claims (including reasonable defense costs and attorneys' fees) arising out of any bodily injury or death of any person, or damage to any property, to the extent caused by my negligence or willful misconduct.

This waiver and release agreement specifically embraces each and every event, activity or purchase sanctioned by said RELEASEES, and has the same effect as if executed after each and every sanctioned event, activity or purchase in which I participate so that the parties herein intended to be released shall be fully and effectively released as to each and every sanctioned event, activity or purchase.

Jill's fitness training cannot guarantee that its products or workouts will be safe, effective or suitable for everyone. For that reason, all such products and services, and the programs, techniques and materials embodied in such products and services, are offered without warranties or guarantees of any kind, express or implied, and Jillís fitness training disclaims any liability, loss or damages that may result from their use.

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