Her Strength Fitness

Release and Terms of Agreement

NOTICE: It is wise to seek your doctor's advice before beginning any health/fitness/nutrition program!

This release is entered into between the undersigned and Her Strength Fitness, its officers, subsidiaries, affiliates. and executors in addition to the Town of Grimsby and/or other municipalities in which they operate. The purpose of Her Strength Fitness is to provide fitness instruction and coaching for various levels of athletes/individuals.

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

1. Acknowledges that Veronica Charrois 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 coaching/training is another tool for teaching athletes/individuals about themselves, but that Her Strength Fitness does not guarantee neither good nor bad will occur nor guarantees the training advice given by Veronica Charrois including Her Strength Fitness will produce good nor bad results.

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

4. Acknowledges that boot camps, aerobic classes, martial arts, hiking, kick boxing, running, kung-fu, weight training, obstacle courses, and any other related sports are an extreme 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 Her Strength Fitness for the undersigned participating in said sporting events and/or training for said sporting events and programs.

The undersigned agrees that this is the full agreement between the parties, that Her Strength Fitness including Veronica Charrois, nor anyone else 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 confidentially with respect to Her Strength Fitness and all services by same. The undersigned agrees to refrain from disclosing, directly or indirectly, any and all aspects of Her Strength Fitness. The undersigned agrees to a non-compete within a 50 mile radius of Niagara for a period of 5 years from date of participation.

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Name/Signature Date