



unibody
FITNESS

POWERED BY

A SECOND U
FOUNDATION



UNIBODYFITNESSNYC.COM | ASECONDUFUNDATION.ORG

Unibody Fitness NYC is a personal training company run out of the Flatiron District in Manhattan. Unibody hires formerly incarcerated trainers, who are graduates from A Second U Foundation, a nonprofit working to give second chances to motivated trainers who love fitness. Once they have graduated, Second U trainers are nationally certified, and ready to help you meet your fitness goals!

Unibody is now offering virtual training sessions through Zoom. These will incorporate body weight calisthenics and yoga.

In consideration of being allowed to participate in any way in this program, related events or activities, I the undersigned, acknowledge, appreciate and agree that: (Read, complete and check the following boxes, then sign below:)

I, _____, have enrolled on the online workout training program hosted by Unibody Fitness, powered by A Second U Foundation. By signing below, I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning, yoga, and other various fitness activities.

I hereby affirm that I am in good physical condition and do not suffer from any known medical conditions, which would prevent or limit my participation in this exercise program.

I hereby assume the risk of all conditions or occurrences, which may be encountered during training.

I hereby assume full payment responsibility for personal fitness training services with A Second U Foundation trainers at the following agreed upon rates: USD \$35 / per person for group Zoom sessions, and USD \$45 / per person for one on one Zoom workouts.



I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEE or others, and assume full responsibility for my participation.

I AM VOLUNTARILY PARTICIPATING IN THE AFOREMENTIONED ACTIVITY AND I AM PARTICIPATING IN THE ACTIVITY ENTIRELY AT MY OWN RISK. I AM AWARE OF THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS ACTIVITY, WHICH MAY INCLUDE, BUT ARE NOT LIMITED TO, PHYSICAL OR PSYCHOLOGICAL INJURY, PAIN, SUFFERING, ILLNESS, DISFIGUREMENT, TEMPORARY OR PERMANENT DISABILITY, (INCLUDING PARALYSIS), ECONOMIC OR EMOTIONAL LOSS, AND DEATH.

I, for myself and on behalf of my heirs, assignees, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Unibody Fitness NYC and A Second U Foundation, their officers, agents and/or employees, other participants, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (RELEASEES), from any and all claims, demands, losses, and liability arising out of or related to any INJURY, DISABILITY OR DEATH I may suffer, or loss or damage to person or property. WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

Name printed: _____ Date: _____

Signature: _____ Date: _____

In case of an emergency:

Name _____ Phone Number _____