

# STU Fitness

## Informed Consent

STU Fitness classes and fitness sessions are designed to enable participants to experience different levels of intensity and duration of activities. As a result, some individuals may experience different feelings of load in their muscles and varying breathing patterns. Some individuals may become hot and somewhat uncomfortable as they take part in activities that are either new to them or they are less familiar with.

Each class/session is designed to be safe and effective and to minimise any risk of injury.

If you feel any pain or discomfort at any time, stop doing the activity and inform STU. If you have any reason that you believe means that you should not perform any of the activities you are asked to do; do not perform that activity and inform STU of your decision and the reasons.

By signing this Informed Consent Form, you confirm that you:

1. Have been advised of and understand the physical requirements of the class/session;
2. Are willing to take part in the class/session;
3. Do not have any physical or medical conditions that make it unsafe for you to participate in this class/session
4. Understand and agree that as with any exercise or physical activity, participating in this class/session carries a risk of injury and STU Fitness accepts no liability for any loss, cost, damage or physical injury sustained by you in the course of participating in this class/session
5. Understand that you may withdraw your participation at any time.

Name:.....

Sign:.....

Date:.....