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### Client Information & Waiver Form

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_  
Phone (Cell) \_\_\_\_\_ E-Mail: \_\_\_\_\_ @ \_\_\_\_\_  
Address: \_\_\_\_\_  
D.O.B. \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Gender: Male Female  
Employer: \_\_\_\_\_ Occupation: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

#### Health & Fitness Questionnaire:

What are your **fitness goals**? (Be specific or check below) \_\_\_\_\_

*Weight Loss    Tone    Strength    Muscle Size    Core    Balance & Flexibility*

Do you have any **current injuries**/physical limitations? (If yes, specify. Use reverse page, if needed):  
\_\_\_\_\_

Do you have any **previous injury or surgery**? (If yes, specify date. Use reverse page, if needed):  
\_\_\_\_\_

What is your **current fitness level**? *Beginner (no exercise)    Intermediate    Advance*

Do you consider yourself: *Sedentary    Lightly Active    Moderately Active    Highly Active*

How did you hear about us? (Specify name) \_\_\_\_\_

**Note: Please consult your doctor before participating in any exercise program.**

### Waiver and Release

You, as client/guest, agree that if you engage in any physical exercise or activity or use any facility on the premises, you do so at your own risk. This includes, without limitation, your use of the equipment and participation in any activity, class, program or instruction now or in the future made available. You agree that you are voluntarily participating in these activities and using the equipment and facilities and assuming all risk of injury or your contraction of any illness or medical condition that might result therefrom or any damage, loss or theft of any personal property. You agree on behalf of yourself (and your personal representatives, successors and assigns) to release and discharge us (and our employees, agents, representatives, successors and assigns) from all claims or action arising out of our negligence. This Waiver and Release of all liability includes, without limitation, injuries which may occur as a result of (a) your use of any facility or improper maintenance, (b) your use of any exercise equipment which may malfunction or break, (c) our improper maintenance of any exercise equipment, (d) our negligent instruction or supervision, and (e) your slipping and falling while in the premises.

**CORONAVIRUS/COVID-19 WARNING & DISCLAIMER.** Coronavirus, COVID-19, is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a mean to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in personal training programs or using gym facilities & equipment could increase the risk of contracting COVID-19. Bench Gym in no way warrants that COVID-19 infection will not occur through participation in personal training programs or using gym facilities and equipment.

You acknowledge that you have carefully read this Waiver and Release and fully understand that it is a release of all liability. In addition, you do hereby waive any right that you may have, by or on behalf of yourself, to bring a lead action or assert a claim for injury or loss of any kind against us for our negligence or arising out of or relating to participation from you in any of the activities, or use of the equipment, facilities or services we provide as described in this paragraph, or on account of any illness or accident, or damage to or loss of your personal property.

\_\_\_\_\_  
*Client/Guest Signature*

\_\_\_\_\_  
*Date*

By: *Bench Personal Training*  
*Jon Ponce/Owner, Bench Gym*

Bench Client Info & Waiver Form (6/2020)