Whereas Short Circuit Training Company, a DBA entity of RJS Company LLC, and all its employees, hereafter to be known as SCTC, and THE CLIENT wish to enter into this agreement in order to define their respective rights, duties and obligations. Now therefore, in consideration of the terms and conditions herein, it is hereby stipulated and agreed upon between the two parties as follows:

* SCTC will provide to THE CLIENT circuit training consisting of one (1) complimentary thirty (30) minute session, to include but not limited to high to low intensity exercises, weighted and non-weighted, of various impacts, as well as strength and resistance or suspension training in addition to other various disciplines.
* THE CLIENT understands only one (1) complimentary session per individual.
* THE CLIENT understands that he/she must be at least 16 years old to enter into this agreement.
* THE CLIENT understands that he/she should not begin any exercise program without first consulting a Doctor or Physician. THE CLIENT will disclose any medical ailments prior to a session and failure to do so may result in injury or harm which is the sole responsibility of THE CLIENT.
* THE CLIENT cannot hold SCTC financially and/or personally responsible for any injury or harm caused during any and all sessions in their entirety and absolves SCTC and all its employees, owners and representatives of all negligence regardless of cause or fault.
* During every session provided by and at SCTC, on or off premise, THE CLIENT assumes ALL RISKS associated with any and all equipment use and/or exercise(s).
* THE CLIENT consents to his/her likeness being used by SCTC for marketing purposes, including but not limited to photographs and social media posts, unless explicitly denied in writing.

**Use of the free session and/or facilities of SCTC verifies that the terms and conditions of the Online Training and Liability Release have been voluntarily accepted and fully understood by all individuals as THE CLIENT on any date heretofore.**