



Start your day off right, with a few of your closest TPC friends, and join our very own, Emma Jackson, CPP (& TPC Speaker) as she starts your day with a ray of sunshine and a workout that will keep you energized all day!

Join us at the Omni pool area on Thursday or Friday mornings at 6:00 AM for a 30-minute workout. There's plenty of time to take a quick shower and be at your first class. Get your blood pumping before you've even had that first cup of coffee.

***Be healthy and smart —***

***Energize with Emma!***



## **FITNESS LIABILITY WAIVER/INFORMED CONSENT FORM**

I, hereby affirm I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I recognize that this program may involve strenuous physical activity including but not limited to cardiovascular conditioning and training.

I, hereby waive and release Emma H. Jackson, Texas Payroll Conference and its successors from any and all claims, costs, liability and expense from any injury, loss or damage whether know, anticipated or unanticipated from my voluntary participation.

I acknowledge that I have thoroughly read this form in its entirety and fully understand it. By signing this document, I am waiving certain rights I or my successors might have to bring a legal action or assert a claim against Emma H. Jackson or Texas Payroll Conference.

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Participant Printed Name

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Participant's Signature

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Date

***Be healthy and smart — Energize with Emma!***