

MEMBERSHIP LIABILITY RELEASE WAIVER

Recognition of Inherent Risks

I hereby understand and acknowledge that the equipment, facilities, training, programs, and/or events held by _____ (hereinafter "Gym") may expose me to many inherent risks, including accidents, injury, illness, permanent disability or even death. I assume all risk of injuries associated with participation including, but not limited to, falls, infections, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me.

Responsibility to Communicate Physical Or Mental Restrictions In Writing

I hereby acknowledge my responsibility in communicating, in writing, any physical and psychological concerns, that might conflict with participation in activity, and presenting those concerns to the Gym owner prior to participating. I acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in.

Waiver of Liability

In consideration of my use of the exercise equipment and facilities provided by the Gym, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the Gym and its officers, agents, employees, organizers, insurers, directors, associates, representatives, and successors, shall not be liable for any damages arising from personal injuries (including death) or other damages (both economic and non-economic) sustained by me, on, or about the premises, or as a result of the use of the training, programs, events, equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the Gym.

I understand and agree that the Gym is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

Indemnification, Hold Harmless and Release

By the execution of this agreement, I agree, for myself and anyone entitled to act on my behalf, to fully and forever INDEMNIFY, HOLD HARMLESS, DISCHARGE, WAIVE AND RELEASE the Gym, its officers, agents, employees, organizers, insurers, directors, associates, representatives, and successors from any responsibility for damages (both economic and non-economic), liabilities, demands, rights of action, causes of action, losses of any type, or claims of any kind, present or future, whether the same be known or unknown,

anticipated, or unanticipated, resulting from arising out of the use of or my participation in the Gym training, programs, events, equipment or facilities.

Compliance With Rules

I agree to comply with all rules imposed by the Gym regarding the use of the facilities and equipment. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment, training, or property in a manner inconsistent with its intended design and purpose.

Voluntary Signature

I HAVE READ THE FOREGOING WAIVER, INDEMNIFICATION, AND RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.

Date: _____

Signature: _____

Print Name