

Fitness Center Member Release and Waiver Agreement

Please read this document carefully. By signing this document, you are waiving certain legal rights, including the right to sue the Fitness Center, its staff, and its affiliates.

1. Member Information

Full Name:

Date of Birth (MM/DD/YYYY):

Phone Number:

Email Address:

Street Address:

Emergency Contact Name:

Emergency Contact Phone:

2. Assumption of Risk and Release of Liability

I, the undersigned, understand that participating in physical fitness activities, including but not limited to strength training, cardiovascular exercise, group fitness classes, and the use of fitness equipment, involves inherent risks of injury, illness, or death. These risks include, but are not limited to, muscle strains, joint sprains, cardiovascular events, and injuries resulting from equipment malfunction or improper use.

By filling out this agreement, I voluntarily assume all responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in these activities or using the fitness center facilities.

I hereby release, waive, discharge, and covenant not to sue the Fitness Center, its owners, employees, instructors, and agents from any and all liability, claims, demands, actions, or rights of action, which are related to, arise out of, or are in any way connected with my participation in any activities at the Fitness Center.

3. Acknowledgment and Consent

I acknowledge that I have read this document in its entirety, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I agree to comply with all rules, regulations, and guidelines of the Fitness Center.

Please type "I AGREE" to accept the terms above:

4. Signature

Member Signature (Type Name to Sign):

Date (MM/DD/YYYY):