

Gym and Fitness Guest Liability Form

Please read this document carefully. By signing this form, you acknowledge the risks associated with physical exercise and agree to waive certain legal rights. This printed form must be completed in full before using the facility.

1. Guest Information

Full Name:

Date of Birth (MM/DD/YYYY):

Phone Number:

Email Address:

Street Address:

City, State, Zip Code:

2. Emergency Contact

Emergency Contact Name:

Relationship to Guest:

Emergency Contact Phone:

3. Liability Waiver and Release Agreement

Assumption of Risk: I understand that physical exercise, gym training, and the use of fitness equipment involve inherent risks of physical injury, illness, or death. I voluntarily assume all responsibility and risk associated with my use of the facilities, equipment, and participation in any gym programs.

Release of Liability: I hereby release, waive, and discharge the gym, its owners, employees, and agents from any and all liability, claims, or demands for personal injury, sickness, or death, as well as property damage and expenses, of any nature, occurring during my visit to the gym.

Physical Condition: I declare that I am in good physical condition, have no medical conditions that would prevent me from safely exercising, and have not been advised by a physician to limit my physical activity.

4. Guest Signature

By writing my name below, I acknowledge that I have read, understood, and agreed to the terms of this liability waiver.

Guest Signature (Print Name to Sign):

Date (MM/DD/YYYY):

5. Staff Administration

Staff Member Name:

Verification Date (MM/DD/YYYY):