

# Gym Membership Liability Waiver and Consent Form

Please read this document carefully. By signing this document, you are waiving certain legal rights, including the right to sue. This form must be completed and signed prior to using any gym equipment or participating in any fitness activities.

## 1. Member Information

Full Name:

Date of Birth (MM/DD/YYYY):

Address:

Phone Number:

Email Address:

## 2. Emergency Contact Information

Emergency Contact Name:

Relationship to Member:

Emergency Phone Number:

## 3. Waiver and Release of Liability

**Express Assumption of Risk:** I, the undersigned, understand and acknowledge that participating in physical fitness activities, including but not limited to strength training, cardiovascular exercises, aerobics, and using various gym equipment, involves inherent risks of physical injury, illness, permanent disability, or death. I voluntarily assume all responsibility and risk associated with my participation in these activities.

**Release of Liability:** I hereby release, waive, discharge, and covenant not to sue the gym, its owners, directors, officers, employees, independent contractors, and agents from any and all liability, claims, demands, or causes of action arising out of negligence, personal injury, property damage, or wrongful death occurring while on the gym premises or participating in any gym-related activities.

**Medical Representation:** I declare that I am in good physical health and have no medical condition, impairment, or disease that would prevent me from safely participating in physical exercise. I acknowledge that it is my responsibility to consult with a physician prior to commencing any exercise program.

**Indemnification:** I agree to indemnify and hold harmless the gym and its representatives from any loss, liability, damage, or cost, including court costs and attorney fees, that they may incur due to my presence on the premises or participation in fitness activities.

## 4. Acknowledgment and Consent

By signing below, I acknowledge that I have read this Gym Membership Liability Waiver and Consent Form in its entirety, fully understand its terms, and agree to be bound by them freely and voluntarily.

Member Printed Name:

Member Signature (or Guardian Signature if under 18):

Date (MM/DD/YYYY):