



Waiver and Release of Liability

You (each member, guest, or participant) agree that if you engage in any physical exercise or activity, or use any club amenity on the premises or off premises, including any sponsored club event, you do so **entirely at your own risk**. Following any recommendation for changes in diet, including the use of food supplements, and weight reduction and/or body building enhancement products are entirely your responsibility and you are advised to consult a physician prior to undertaking any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and the the use of these facilities and premises, **and assume all risks** of injury, illness, or death. In addition, we assume no responsibility for any loss of your personal property.

This waiver and release of liability includes, without limitation, all injuries which may occur, regardless of negligence, as a result of: (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction, (b) the sudden and unforeseen malfunctioning of any equipment (c) our instruction, training, supervision, or dietary recommendations and (d) your slipping and/or falling while in the club, or on the club premises, including adjacent sidewalks and parking areas.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **release of liability**. You expressly agree to release and discharge the health club, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action, and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the club for negligence, personal injury or property damage.

Note: Should any part of this agreement be found by a court of law to be against public policy or in violation of any state statute or case precedence, then the remainder of this document will remain in full force.

Signed: _____ Printed name: _____

Dated: ____ / ____ / ____