

# **Fitness Center Waiver Agreement**

This Fitness Center Waiver Agreement ("Agreement") is entered into between the undersigned participant ("Participant") and [Fitness Center Name] ("Fitness Center").

## **1. Assumption of Risk**

I acknowledge that participation in physical exercise, fitness classes, and the use of exercise equipment at the Fitness Center involve inherent risks of injury or illness. I voluntarily assume all risks associated with participation.

## **2. Release of Liability**

I hereby release and discharge the Fitness Center, its owners, employees, and agents from any and all liability for injuries, damages, or losses that I may sustain as a result of activities at the Fitness Center, except for those arising from gross negligence or willful misconduct.

## **3. Medical Clearance**

I confirm that I am in good health and have no physical or medical conditions that would prevent my safe participation. I have consulted a physician if necessary.

## **4. Policies and Rules**

I agree to follow all Fitness Center policies, procedures, and instructions. Failure to do so may result in removal or suspension of privileges.

## **5. Acknowledgment**

- I have read and understand this waiver agreement.
- I understand that I am giving up certain legal rights by signing below.
- I sign this agreement voluntarily.

Participant Name

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Signature

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Date

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