

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

Signature

Date