

Member Waiver and Release Statement

This Member Waiver and Release Statement ("Agreement") is entered into between the undersigned member ("Member") and the facility ("Exercise Facility").

Assumption of Risk

I acknowledge that participation in exercise, fitness, and related activities inherently involves risks of injury, illness, or even death. I voluntarily assume all such risks associated with my use of the Exercise Facility and participation in any Facility activities and programs.

Release and Waiver

In consideration of being allowed to use the Exercise Facility, I, on behalf of myself and my heirs, personal representatives, and assigns, hereby release, discharge, and hold harmless the Exercise Facility, its owners, employees, agents, and representatives from any and all claims, demands, actions, or causes of action arising from any injury, illness, or loss that may result from my participation in Facility activities, use of equipment, or presence on Facility premises, whether caused by negligence or otherwise.

Health Declaration

I affirm that I am in good physical condition and do not suffer from any condition that would limit or prevent my safe and active participation in exercise activities. I agree to consult with a physician prior to engaging in any exercise program and certify that I have no medical conditions that would increase my risk in participating in Facility activities.

Facility Rules and Policies

I agree to abide by all rules, regulations, and policies of the Exercise Facility and to follow any instructions provided by Facility staff regarding my safety and the safety of others.

Photography and Media Release

I authorize the Exercise Facility to use, reproduce, and/or publish photographs or videos that may include my image, for promotional and educational purposes, unless otherwise indicated in writing.

Acknowledgment and Consent

I have read and understand this Member Waiver and Release Statement. By signing below, I acknowledge that I am legally competent and voluntarily agree to the terms and conditions contained herein.

Member Name

Date

Member Signature