

# Simple Gym Membership Release of Liability

This Release of Liability ("Release") is entered into voluntarily by the undersigned ("Member") in consideration for being permitted to use the facilities and equipment provided by [Gym Name].

## 1. Assumption of Risk

I acknowledge that participation in gym activities, use of equipment, and facilities involves inherent risks of injury, illness, or even death. I assume full responsibility for any risks, known or unknown, that may arise from my use of the gym.

## 2. Release and Waiver

I hereby release, waive, and discharge [Gym Name], its employees, agents, and representatives from any and all liability, claims, or demands arising from my participation in any gym activities or use of its facilities.

## 3. Medical Clearance

I confirm that I am physically fit and have consulted with a physician as needed. I will not use the gym or its equipment if I am unwell or have been advised against physical activity.

## 4. Rules and Conduct

I agree to abide by all posted rules and instructions provided by gym staff. Failure to do so may result in suspension or termination of my membership.

## 5. Governing Law

This Release shall be governed by the laws of [State/Region].

Member Signature

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Print Name

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Date

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By signing above, I confirm that I have read, understand, and agree to this Release of Liability.