

Gym Membership Release of Liability Agreement

This Release of Liability Agreement ("Agreement") is entered between the undersigned ("Member") and ("Gym"), effective as of the date signed below.

1. Assumption of Risk

The Member acknowledges that participation in exercise and fitness activities involves inherent risks, including the risk of physical injury, illness, or, in rare cases, death. The Member voluntarily assumes all such risks associated with the use of the Gym's facilities, equipment, and participation in activities and programs.

2. Release and Waiver

The Member hereby releases, discharges, and holds harmless the Gym, its owners, employees, agents, and representatives from any and all liability, claims, demands, actions, or causes of action for any loss, injury, or damage arising out of or related to the Member's participation in activities at the Gym or use of its facilities or equipment.

3. Medical Declaration

The Member represents that they are physically fit and have no medical condition that would prevent or limit their safe participation in activities at the Gym. The Member agrees to inform the Gym of any changes to their health or medical condition.

4. Rules and Conduct

The Member agrees to abide by all rules, regulations, and instructions established by the Gym. The Gym reserves the right to revoke membership rights for violation of any rule or unsafe conduct.

5. Minors

If the Member is under 18 years of age, a parent or legal guardian must sign this Agreement on behalf of the minor.

6. Acknowledgment

The Member has read and understands this Agreement, and signs it voluntarily with the intent to be legally bound.

Member Signature

Printed Name

Date: _____

Parent/Guardian Signature (if under 18)

Printed Name

Date: _____