

Wellness Center Member Indemnity Agreement

I, the undersigned, hereby acknowledge and agree to abide by all rules, regulations, and guidelines set forth by the Wellness Center. I acknowledge that physical exercise, fitness activities, and the use of equipment and facilities may carry a risk of injury or health complications.

I accept full responsibility for my participation in all activities undertaken at the Wellness Center, and I expressly assume all risks associated with my use of the facilities, equipment, and participation in any program, class, or event.

I hereby release, waive, discharge, and agree to indemnify and hold harmless the Wellness Center, its owners, employees, agents, and affiliates from any and all liability, claims, demands, damages, or causes of action that may result from any loss, injury, or damage, whether to my person or property, arising out of or in connection with my use of the Wellness Center facilities or participation in any activities.

I certify that I am physically fit to participate in physical activities and have no medical conditions or impairments that would prevent my participation. I understand that it is my responsibility to consult a physician before commencing any exercise or wellness program.

This agreement shall be binding upon me, my heirs, executors, administrators, and assigns.

Member Declaration

I have carefully read and fully understand this indemnity agreement and its contents. I voluntarily sign this agreement, acknowledging its binding effect.

Member Signature

Name: _____

Date: _____