



Assumption of Personal Risk and Waiver of Liability

Please read the following carefully, print your name in the first space, initial in the smaller spaces, and sign in the bottom space before exercise.

I _____ by executing this Waiver Form acknowledge and agree as follows:

1. That by use of this Exercise Facility _____ is engaging in a strenuous weight training program and that there are inherent risks associated with such training. _____ also acknowledges that the use of exercise equipment could cause injury. _____ is voluntarily participating in these activities and assumes all risks of injury that might result from such use.
2. _____ hereby waives any claims or rights he/she might have against X Gym, Trinity Fitness Inc., its Members and Employees for any injury arising out of, or from the use of the facility.
3. _____ represents that he/she is in good physical condition and that he/she has no disability, impairment or ailment preventing him/her from engaging in active or passive exercise that will be detrimental to his/her health, safety, comfort, physical condition, or that of others.
4. _____ agrees to release X Gym, Trinity Fitness Inc., its Members and Employees from any liability, for any personal injury, or loss, or theft of personal property.

The undersigned has carefully read this waiver and fully understands it is a general release of liability that is in effect for an indefinite period of time, not restricted to any membership period or time constraint. The undersigned also agree to assume all risk of accident or damage to his/her person, and property, and loss thereof. Neither X Gym, Trinity Fitness Inc., nor its Members, Agents, Officers, and/or Employees shall be liable for any claim, liability, or demand of any kind for, or on account of, personal injury or damages, or loss of any kind sustained by any person, his/her heirs, or executors, whether caused by negligence, fault, failure, or breach of contract.

Signature: _____ Date: _____