

# Timber Town Fitness

## Waiver and Release Form

Physical exercise can be strenuous and subject to risk of serious injury, Timber Town Fitness, LLC DBA Timber Town Fitness, urges you to obtain a physical examination before starting any exercise program. You agree that if you engage in any physical exercise or activity including any sponsored event, **you do so entirely at your own risk.** You agree that you are voluntarily participation in the use of services and **assume all risk** of injury, illness, and or death as a direct or indirect result of your exercise routine.

**Initial:** \_\_\_\_\_

This waiver and release of liability includes, without limitations, all injuries which may occur, regardless of negligence, as a result of; (a) your use of equipment and your participation in any activity, class, program, personal training, or instruction, (b) the sudden and unforeseen malfunction of any equipment and (c) your slipping and/or falling while in the facility, premises, including adjacent sidewalks and parking areas.

**Initial:** \_\_\_\_\_

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **release of liability.**

You expressly agree to release and discharge Timber Town Fitness, LLC DBA Timber Town Fitness and all employees from any and all claims or cause of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against Timber Town Fitness, LLC DBA Timber Town Fitness for negligence, personal injury, or property damage.

**Initial:** \_\_\_\_\_

Should any part of this agreement be found by a court of law to be against public policy or in violation of any state statute or case precedence, then only that wording is removed and the remainder of this waiver and release agreement will remain in full force.

**Print Name:** \_\_\_\_\_

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_