



GUEST WAIVER AND RELEASE FORM

You (the guest) are aware that you are engaging in physical exercise and that the use of exercise equipment, club facilities, training and instruction could cause injury to you. You are voluntarily participating in these activities and assume all risks of injury that might result. You agree to waive any claims or rights you might otherwise have to sue the facility's owners, officers, employees, or agents for injury to you as a result of these activities. You have carefully read this waiver and recommendation whether you are sufficiently, physically fit for any exercise activities. It is always advisable to consult your physician before undertaking a physical exercise program.

Child's Name: _____

Parent/Legal Guardian Signature: _____

Date: _____ Phone Number: _____



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