

Y Not Personalized Fitness

Agreement and Release of Liability

1. In consideration of being allowed to participate in the activities and programs of **Y Not Personalized Fitness** and to use its facilities, equipment, and machinery in addition to the payment of any charge or fee, I hereby waive, release and forever discharge **Y Not Personalized Fitness**, and its' officers from any and all responsibilities or liability from injury or damages resulting from my participation in any activities or my use of equipment or machinery in the above mentioned activities. I do hereby also release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of **Y Not Personalized Fitness** or the use of any equipment owned by **Y Not Personalized Fitness**.

(Please Initial _____)

2. I understand and am aware that the strength, flexibility, and aerobic exercise, including the use of equipment, are a potentially hazardous activity. I also understand that fitness activities involve the risk of injury and even death, and that I am voluntarily participating in these activities and using the equipment and machinery with knowledge of the dangers involved. I hereby do agree to expressly assume and accept any and all risks of injury or death.

(Please Initial _____)

3. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation or use of equipment or of machinery except as hereinafter stated. I do hereby acknowledge that I may be informed of the need for a physician's approval for my participation in an exercise/fitness activity or in the use of exercise equipment and machinery. I also acknowledge that it has been recommended that I have a yearly or more recent physical examination and consultation with my physician as to physical activity, exercise, and use of exercise training equipment so that I might have his/her recommendations concerning these fitness activities and equipment use. I acknowledge that I have either had a physical examination and been given my physicians permission to participate, or that I have decided to participate in activity and use of equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities.

(Please Initial _____)

I hereby declare that by initialing the above statements that I fully understand and agree to the terms set fourth in this document.

Date _____ Signature _____