

# Waiver and Release of Liability

Expires \_\_\_\_\_

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Guest Name	E-Mail Address	Phone	
Home Address	City	State	Zip
Emergency Contact Person			
Name		Phone	

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How did you hear about Fitness Lifestyles?

Because physical exercise can be strenuous and subject to risk of serious injury, the club urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest, or participant) agree that if you engage in any physical exercise activity, or use any club amenity on the premises or off the premises including any sponsored club event, you do so ENTIRELY AT YOUR OWN RISK. You agree that you are voluntarily participating in these activities and use of the facilities and premises and assume all risks of injury, illness, or death.

This waiver of liability includes without limitations, all injuries which may occur as a result of (A) Your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction (B) the sudden and unforeseen malfunctioning of any equipment (C) our instruction, training, supervision, or dietary recommendations and (D) Your slipping and/or falling while in the club, or on the club premises, including adjacent sidewalks and parking areas.

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 the health club, and its affiliates, employees, agents, representatives, successors, or assigns from any and all claims or causes of action and you agree to voluntarily give up or waive any right you may otherwise have to bring a legal action against the club for personal injury or property damage.

If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid then the remainder of this release of liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I have read, understand, agree to, and will abide by, all terms of this document. I further understand that this release cannot be modified orally.

Signed \_\_\_\_\_ Dated \_\_\_\_\_

Club Representative \_\_\_\_\_ Dated \_\_\_\_\_

## Rules at Fitness Lifestyles

**Check in procedures** – All members must show your temporary pass to the front desk when using the main building or the walking track. Any non-member must sign in at the front desk, fill out a guest waiver and pay guest fees.

**Guest policy** – Day Pass guest fee for adults is \$8.00, child 6-16 guest fee is \$5.00, child 5 and under guest fee is \$3.00. 10 visit speed passes also available: Adult price \$60, child 16 & under price \$30.

**Attire** – No street shoes allowed. Shoes, shorts or pants, and tops must be worn while using the club.

**Nursery** – Nursery is available while members or guests are working out. Parents must be in the facility, they are not allowed to drop children off and leave. No sick children are allowed in the nursery. Nursery fees for children under the age of 1 is \$3.50 per visit, children over the age of 1 is \$2.50 per visit.

**Children's use of facility** – Insurance allows children only in certain areas of the Club, see staff for details.

**Smoking policy** – No smoking permitted.

### Misc.

- Please wipe down equipment after use with the towel and spray provided (Spray towel, not machine directly).
- When you're finished using all free weights put the weights away.
- Please shower before entering pool.
- Please dry off before entering locker room tile flooring to prevent slipping.
- The RC courts are based on availability. Winter schedule posted in lobby of RC.
- Check in at the main building before each visit to the RC and ask our desk for the daily door code.

**Respect** - Please respect others and not use vulgar language while at the club. We will terminate a membership for anyone that gives their card to someone else or attempts to alter it.

Signed \_\_\_\_\_ Dated \_\_\_\_\_

Club  
Representative \_\_\_\_\_ Dated \_\_\_\_\_

Follow up by office staff

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