

RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

In consideration of participating in Aging Strong Fitness Programs and Aging Strong Fitness Sessions, I understand the nature of the said Programs and Sessions and I am qualified, in good health, and in proper physical condition to participate in said Programs and Sessions. I acknowledge that if I believe said Programs and Sessions are unsafe, I will immediately discontinue participation in said Programs and Sessions. I fully understand the said Programs and Sessions involves risks such as, but not limited too, serious bodily injury, including permanent disability, paralysis and death, which can be caused by my own actions, or inactions, those of others participating in the Programs and Sessions, the conditions in which the Program and Sessions takes place, or the negligence of the "RELEASEES" named below: and that there may other risks either not known to me or not readily foreseeable this time, and I fully accept and assume all such risks and responsibility for losses, cost, and damages I incur as a result of my participation in the Program and Sessions. I hear by release, discharge, and covenant not sue Aging Strong Fitness, it's respective administrators, directors, agents, officers, volunteers, employees, other participants, any sponsors, advertisers, and, if applicable, owners, and lessors, of permission which the Program and Sessions takes place { each considered on the "RELEASEE", I will indemnify herein} from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the "RELEASEES" or otherwise, including negligent rescue operations and further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone else on my behalf, makes a claim against any of the "RELEASEES,"I will Indemnify, save, and hold harmless each of the "RELEASEES, "from any loss, liability, damage, or cost, which may arise as the result of such claim. I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, I understand that I have given up substantial rights by signing it and have signed it freely and without any inducement, or assurance of any nature and intend it to be complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Participant's Name (Print):

Date:

Participant's Signature: