

WAY OF LIFE FITNESS
ASSUMPTION OF RISK, WAIVER, AND RELEASE

The participant is familiar with and recognizes the danger and risk of injury to person and/or property which may result from participation in fitness activities and classes offered by Way of Life Fitness, including, without limitation, injury from slipping and falling, excess fatigue or stress, muscle strain, or any other unforeseen cause.

For those participating in goat yoga or animal-assisted activities, the participant understands that live animals may be part of the activity and accepts and assumes the risks associated with their presence, including exposure to animal waste and the unpredictable behavior of animals, such as nibbling, jumping, and scratching.

With full knowledge and understanding of such risks, the participant agrees to take classes and receive services at their own risk and **PERSONALLY ASSUMES THE RISK** for any harm, injury, or damage that may occur as a result from services rendered.

The participant hereby fully and forever **RELEASES, RELINQUISHES, ACQUITS, AND DISCHARGES Way of Life Fitness**, as well as any contractors, owners, managers, employees, or agents (collectively, "Released Parties"), from any and all claims, demands, actions, causes of action and rights (whether known, unknown, contingent, accrued, inchoate, or otherwise) which the participant may have against Way of Life Fitness or other Released Parties arising out of or relating to this class or any passive or active negligence, to the fullest extent permitted by law.

The participant expressly warrants and represents that no promise or agreement which is not herein expressed has been made to them in executing this Release and Waiver of Liability, and that the participant is not relying upon any statement or any representation of any of the Released Parties.

The participant further grants permission to Way of Life Fitness to use for promotional purposes photographs, videotapes, motion pictures, recordings, or other records of their participation in activities, in which their image or likeness appears.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

I am 18 years of age or older and have read and agreed to the terms and conditions.

I am the parent/guardian of the participant under the age of 18 and have read and agreed to the terms and conditions.

Participant Signature: _____

Printed Name: _____

Date: _____

Parent/Guardian Signature (if under 18): _____

Printed Name: _____

Date: _____