

Heather's Gym - Release of Liability

1. In consideration of participation in the fitness activities and programs of **Heather's Gym LLC** and to use the facilities, equipment and services, in addition to the payment of any fee or charge or as a party guest, I do hereby forever waive, release and discharge **Heather's Gym LLC**, and her instructors, officers, agents, employees, representatives, executors and all others acting on their behalf from any and all claims or liabilities for injuries or damages to my person, and/or to my minor child, and to my property, including acts caused by negligence or an omission of any of those mentioned or others acting on their behalf, arising out of or connected with my participation in any activities, programs or services of **Heather's Gym LLC** or the use of any equipment provided by and/or recommended by **Heather's Gym LLC**.

(PLEASE INITIAL: ____)

2. I am aware that exercise and the use of fitness equipment, is a potentially hazardous activity. I also have been informed of, understand, and am aware that fitness activities involve a risk of injury, including a remote risk of death or serious disability. I (and/or my minor child) am voluntarily participating in these activities and using fitness equipment with my full knowledge, understanding and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death. (PLEASE INITIAL: ____)

3. I do hereby further declare myself (and/or my minor child) to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my (and/or my minor child's) participation in these activities or use of fitness equipment. I acknowledge that either myself (and/or my minor child), has had a physical examination and been given a physician's permission to participate or I have decided to participate/allow my minor child to participate in exercise activities and programs, without the approval of my physician and do hereby assume all responsibility for my (and/or my minor child's) participation in said activities, programs and use of equipment. (PLEASE INITIAL: ____)

4. I also agree that photos or video taken of me (or my minor child) may be used for HG promotional purposes. (PLEASE INITIAL: ____)

Print **Participant's** Name(s): _____

CLASS ATTENDING _____

Adult Signature: _____ Date: _____

Email address – PLEASE PRINT LEGIBLY FOR FIRST CLASS FREE: _____

Contact in case of emergency: _____/Phone: _____