

Release of Liability and Hold Harmless Agreement

1. I desire to use the Wellness Center and/or the group exercise space (the "Facilities") located at Club G.A. I understand and accept that use of the Facilities exposes me to a number of risks and dangers. I understand that my participation in wellness activities and use of the Facilities involves inherent risks of accidental injury, disease, strains, fractures, partial and/or total paralysis, death or other ailments that could cause serious disability, injuries from physical exertion, and serious injuries to other aspects of my general health and well being.
2. Understanding the potential risks and consequences mentioned above, I hereby state that I am physically fit to use the Facilities.
3. I further state that I am at least 18 years of age and competent to sign this document. I have received a copy of the rules pertaining to use of the Facilities and have read and agree to abide by such rules. In the event I permit a guest to use the Facilities, I will ensure that the guest reads and signs a copy of this Agreement prior to using the Facilities.
4. In consideration of the opportunity to participate in wellness activities at Club G.A., I personally assume all risks incident to the use of the Facilities and I waive, release and forever discharge Guardian Angels and Club G.A. and its officers, directors, agents, employees and representatives from all liabilities, losses, damages, claims, actions, causes of action, demands or costs of any nature whatsoever that may arise in connection with my use of the Facilities, whether caused by the negligence of Guardian Angels/Club G.A., its employees or agents or caused by some other means.
5. I further agree to indemnify and hold Guardian Angels and Club G.A., its officers, directors, agents, employees and representatives harmless from all liabilities, losses, damages, claims, actions, causes of actions, demands, or costs of any nature whatsoever that may arise in connection with my use of the Facilities, whether caused by the negligence of Guardian Angels/Club G.A., or its employees or agents, or caused by some other means.
6. Prior to signing this document, I have had an adequate opportunity to ask questions about it, and any questions I have had have been answered to my satisfaction.
7. This Release Agreement shall be binding upon me, my heirs and personal representatives.

Participant Printed Name

Signature of Participant

Date

Wellness Center Staff Printed Name

Signature of Wellness Center Staff

Date

If you are a guest, please print the name of the sponsoring member: _____

