

## Waiver

You acknowledge that there is risk associated with participating in fitness activities and in exercising. Your participation is completely voluntary and by using Tracy Rollo Fitness and the Facility you acknowledge that you are assuming all risks of injury to yourself or others including any illness or medical condition. Please raise any concerns about starting an exercise or fitness program with your physician before using Tracy Rollo Fitness and the Facility. You agree on your own behalf (and on behalf of your personal representatives, heirs, estate trustees or assigns) to: a) release, indemnify and discharge Tracy Rollo Fitness, its owner, officers, directors, agents, employees or independent contractors, from any and all claims or causes of action (known or unknown) which you may have arising out of our negligence, including the negligence of our staff, agents or representatives, and b) to indemnify and save us harmless from any and all claims or causes of action (known or unknown) brought against us by any party arising out of your actions, including your negligence, while at the Facility or elsewhere. Tracy Rollo Fitness or the Facility is not responsible for any damage to, loss or theft of personal property.

Print Participant's Name \_\_\_\_\_

Signature of Participant \_\_\_\_\_

Signature of Guardian \_\_\_\_\_

Date \_\_\_\_\_