



**WAIVER AND RELEASE OF LIABILITY**

I, \_\_\_\_\_, am aware of the risks that are associated and possible to occur in all aspects of physical exercise, personal training, and aerobic/strength classes. These risks include, but are not limited to: strains, sprains, illness, injury or death to myself or my partner due to improper use or failure of equipment, falling, or negligence of myself or the people around me.

I acknowledge that I am responsible for determining if I am mentally and physically capable of performing any of the activities at Beyond the Gym, that partaking in any activities is at my own risk, and that it is my responsibility to communicate any physical, mental, or emotional factors that may hinder my ability to successfully and safely complete any activities. It is the recommendation of Beyond the Gym that the participate seek advice from their healthcare provider.

I understand that Beyond the Gym is **not** responsible for any damaged, lost, or stolen property.

Aware of these facts, I agree, for myself and anyone authorized to act on my behalf, to **HOLD HARMLESS, WAIVE AND RELEASE** Beyond the Gym, its officers, agents, employees, organizers, representatives, and successors from any liabilities, claims, demands, or responsibility of any kind from my participation in activities or events at or hosted by Beyond the Gym.

**By my signature I indicate that I have read and agree to all terms of the WAIVER AND RELEASE OF LIABILITY and understand that Beyond the Gym is not responsible for injury or death of any person or lost or stolen property.**

Full Name (Printed): \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

-----  
*If the participant is **under** the age of 18...*

Signature of Parent/Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_