

# Gym Membership Waiver & Release of Liability

Please read, complete, and sign this waiver prior to participating in any activities.

**Full Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

## Liability Waiver and Release:

I recognize that participation in any physical activities at the gym involves inherent risks, including the risk of serious injury or death. I voluntarily assume all such risks and agree to release and hold harmless [Gym Name], its owners, employees, and agents from any and all responsibility, claims, or causes of action relating to any personal injury, property damage, or death that may result from my participation. I certify that I am physically fit and have no conditions that would prevent me from safely participating.

☐ I have read, understood, and accept the above liability waiver.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

If participant is under 18, parent/guardian must sign below:

**Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_