

# Downloadable Fitness Center Waiver Form Sample

Download our **fitness center waiver form** sample to ensure proper legal protection and liability release for your gym members. This downloadable template is designed for easy customization to meet your facility's specific needs. Protect your business and foster a safe workout environment with a professional waiver form.

## Sample Fitness Center Waiver Form

[Click here to download the Fitness Center Waiver Form\(PDF\)](#)

### Waiver Form Preview

FITNESS CENTER WAIVER AND RELEASE OF LIABILITY  
Participant Name: \_\_\_\_\_ Date: \_\_\_\_\_  
PLEASE READ CAREFULLY BEFORE SIGNING. THIS IS A RELEASE OF LIABILITY & WAIVER OF CERTAIN LEGAL RIGHTS.  
1. I understand that participation in activities at the fitness center involves inherent risks, including but not limited to physical injury, even death.  
2. I acknowledge and accept full responsibility for my use of any and all equipment, facilities, and participation in programs.  
3. I, for myself and any personal representatives, heirs, and next of kin, hereby release and hold harmless the fitness center, its owners, employees, and agents from any liability.  
4. I certify that I am physically fit and have not been advised otherwise by a qualified medical professional.  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Customize this form to reflect your gym's policies and ensure all participants provide their consent prior to use of facilities.