

# Free Printable Fitness Center Waiver Form Sample

Download a **free printable fitness center waiver form sample** to ensure legal protection and clear communication of gym policies. This customizable template helps fitness centers manage liability effectively while maintaining member trust. Easily print and use it for your facility's safety procedures.

## Fitness Center Waiver of Liability and Hold Harmless Agreement

**Name:**

**Address:**

**Phone Number:**

**Email:**

### Assumption of Risk

I understand that participation in fitness activities and the use of the facility equipment involve inherent risks of injury, illness, or even death. By signing below, I acknowledge and assume full responsibility for these risks.

### Release and Waiver

I hereby release and hold harmless the fitness center, its owners, employees, and affiliates from any and all liability arising from my use or misuse of the gym facilities. This includes but is not limited to claims for personal injury, property damage, or wrongful death.

### Medical Disclosure

I certify that I am physically fit to participate in exercise activities and that I have not been advised otherwise by a qualified medical professional.

### Rules and Policies

I agree to abide by all posted gym rules and policies. I understand my membership or usage can be terminated for violations.

**Signature:**

**Date:**

*This form is a sample template designed for informational purposes. Please consult with a legal professional to ensure suitability for your specific needs and compliance with local laws.*

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