

# Fitness Center Waiver and Release of Liability Form

This **personalized fitness center waiver form sample template** ensures the safety and legal protection of both gym members and staff by clearly outlining the terms of use and liability. It can be easily customized to fit the specific requirements of any fitness facility. Using this template helps streamline the onboarding process while maintaining compliance with industry standards.

## Member Information

Full Name:

Date of Birth:

Address:

Phone Number:

Email Address:

## Emergency Contact

Name:

Phone Number:

## Waiver and Release of Liability

I, the undersigned, understand and acknowledge that the use of the fitness center's equipment and facilities involves risk of injury, including but not limited to strains, sprains, falls, or other physical injuries. I voluntarily agree to assume full responsibility for any risk of injury or loss, whether personal or property damage, while participating in activities at the fitness center.

I hereby release and hold harmless [Fitness Center Name], its owners, employees, agents, and representatives from any and all liability arising out of or in connection with my participation in fitness center activities.

I understand and agree that this waiver is binding upon me, my heirs, executors, administrators, and assigns.

## Member Acknowledgement

I acknowledge that I have read and fully understand this waiver and release of liability, and voluntarily agree to its terms.

Signature:

Date:

**Submit Waiver**

