



FITNESS CLASS WAIVER AND RELEASE

Please read this form carefully and be aware that in consideration for permission to participate in this fitness class or wellness activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages, or loss which you might sustain as a result of participating in any and all activities associated with this fitness class or wellness activity. You are solely responsible for determining if you are physically fit and/or adequately skilled to participate in a fitness class. It is always advisable, especially if you are pregnant, disabled in any way, or recently suffered an illness, injury, or impairment, to consult a physician before undertaking any fitness class or exercise activity.

I recognize and acknowledge that participating in a fitness class or wellness activity entails certain risks of damage, loss, or injury to persons or property (including to me, as well as other persons), and I voluntarily agree to assume the full risk of and responsibility for any injuries, damages, loss, liability, costs, and expenses, regardless of severity, extent, or amount, that I, or any other person, might sustain or incur as a result of my participation in this fitness class or wellness activity.

I do hereby agree to waive, relinquish, release, and forever discharge (a) Face Addiction Now and its officers, directors, employees, and agents, (b) any volunteer assisting or working on behalf of Face Addiction Now or any of its officers, directors, employees, and agents, and (c) Champion Health Club and its officers, directors, employees, and agents, from any and all claims or causes of action for damages, injury, loss, liability, or expenses that I may now have or which may accrue hereafter to me or any other person claiming through my or on my behalf and arising out of, connected with, or in any way associated with use of these facilities and my participation in a fitness class or wellness activity.

I further agree to indemnify and hold harmless and defend (a) Face Addiction Now and its officers, directors, employees, and agents, (b) any volunteer assisting or working on behalf of Face Addiciton Now or any of its officers, directors, employees, and agents, and (c) Champion Health Club and its officers, directors, employees, and agents, from and against any and all losses, claims, damages, liabilities, cause of actions, and expenses occurring, growing out of, incident to, or resulting directly or indirectly from my use of these facilities and my participation in a fitness class or wellness activity, including without limitation any losses, claims, damages, liabilities, cause of actions, and expenses on account of personal injury to or death of any person, or damages to property of any person or entity (including but not limited to Face Addiction Now). I HAVE READ AND FULLY UNDERSTAND THE ABOVE IMPORTANT INFORMATION, WARNING OF RISK, ASSUMPTION OF RISK, AND WAIVER AND RELEASE OF ALL CLAIMS.

Participant Name (please print): _____

Signature: _____ **Date:** _____