

**Lake Gaston Fitness, LLC**  
**Waiver and Release of Liability Form**

I (print name) \_\_\_\_\_, as a member of Lake Gaston Fitness, acknowledge that participation in exercise programs including the use of weights and all equipment designed for exercising by their nature may involve some risk of physical injury even for persons in good physical condition and who are free of disability or impairment. I also agree that selection of exercise and use of equipment is solely my choice. Member further acknowledges that physical exercise for the purpose of achieving physical fitness can pose a risk of physical injury with or without the use of exercise equipment. The member, by the execution of this Waiver and Release does hereby agree to hold Lake Gaston Fitness harmless from all injury which may arise in connection with my exercise program undertaken at Lake Gaston Fitness.

**I acknowledge that there will be times when there is not a Lake Gaston Fitness employee on duty. If I choose to use the fitness center at a time when no one else is present, I personally assume all responsibility for my own safety while exercising alone.**

Accordingly, Member agrees that his or her use of the facilities of Lake Gaston Fitness and its equipment is undertaken at the Member's sole risk and neither Lake Gaston Fitness nor their employees, owners, agents or contract service providers shall be liable under any circumstance for any claims, demands, injury, damage or loss suffered by the Member on account of his/her use of the equipment at Lake Gaston Fitness facility whether supervised or unsupervised.

Lake Gaston Fitness recommends you and all Members to obtain a physical examination prior to beginning any exercise program. Member acknowledges and agrees that Lake Gaston Fitness has made no representation or claims to the Member that any conditioning, weight loss or improvement in a medical or physical condition will occur as a result of use of the Lake Gaston Fitness facility and equipment or participation in an exercise program at Lake Gaston Fitness.

Member agrees and acknowledges that Lake Gaston Fitness does not manufacture the exercise equipment used in its facility but rather purchases and/or leases that equipment from others and accordingly Member waives any right to hold Lake Gaston Fitness or its owners, employees, and contracting service providers liable on account of any injury or loss suffered or incurred by Member arising out of or related to the condition of any equipment.

**By signing this form I acknowledge that I have read and agree to the Waiver and Release of Liability**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

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

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

**PARENT/GUARDIAN WAIVER FOR MINORS (Under 18 years old)**

I hereby represent that I am the legal guardian of the minor named below and I am acting on behalf of the minor and agree to the above terms. In addition, I agree to take responsibility for the minor and will be present (if under 16) during the minor's use of Lake Gaston Fitness during off-duty employee hours.

Name of Minor: \_\_\_\_\_

Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Waiver and Release of Liability form valid for one year for non-continuous membership usage and renewal**  
**Waiver and Release of Liability form valid for the duration of a continuous membership renewal**