



### **WAIVER AND RELEASE OF LIABILITY**

***TOTAL BODY TRAINING & 24/7 FITNESS referred to as The Club from this point forward, urges you \_\_\_\_\_, referred to as Member from this point forward, to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise class. All exercises, including the use of weights and use of all machinery, equipment, and apparatus designed for exercising shall be at the Member's sole risk. Member understands that use of, or selection of exercise programs, methods and types of equipment shall be Member's entire responsibility, and The Club shall not be liable to Member for any claims, demands, injuries, damages, or actions that arise due to injury to Member's person or property arising out of the use by Member of the services, facilities, and premises of The Club. Member hereby holds The Club, its officers, owners, agents, and employees harmless from all claims which may be brought against them by Member or on Member's behalf for any such injuries or claims.***

\_\_\_\_\_  
MEMBER SIGNATURE

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
DATE SIGNED

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

Cell Number: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

How did you hear about us? \_\_\_\_\_