



Because physical exercise can be strenuous and subject to risk of serious injury, Exotica Fitness Center urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity.

You (**PRINT NAME** _____) agree that if you engage in any physical exercise or activity, or use any club amenity on Exotica Fitness Center premises or off premises including any event sponsored by Exotica Fitness Center, you do so **entirely at your own risk**. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises **and assume all risks** of injury, illness, or death. We are also not responsible for any loss of your personal property.

This waiver and release of liability includes, with limitation, all injuries which may occur as a result of; (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instructions, (b) the sudden and unforeseen malfunctioning of any equipment, (c) our instructions, training, supervision, or dietary recommendations and, (d) your slipping and/or falling while in Exotica Fitness Center, or on Exotica Fitness Center premises, including adjacent sidewalks and parking areas.

You acknowledge that you have carefully read this “Waiver and Release” and fully understand that it is a **Release of Liability**. You expressly agree to release and discharge Exotica Fitness Center, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or cause of action against Exotica Fitness Center for personal injury or property damage.

To the extent that statute or case law does not prohibit releases of negligence, this release is also for negligence on the part of Exotica Fitness Center, its agents and employees.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Signed: _____

Name of family member (if applicable)

Printed Name: _____

Dated: ____/____/____
