



Release of Liability

_____ (“Participant”) hereby releases Glad Health & Fitness (“Provider”) from any claims for any loss, damage, or injury sustained while participating in _____ (the “Activity”).

I certify that I am physically fit, have sufficiently prepared or trained for participation in the activity or event, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity or event.

Furthermore, I understand that during my participation in the Activity, I may be exposed to a variety of hazards and risks, foreseen and unforeseen, that may include, but are not limited to, personal injury, property damage and death.

To the fullest extent allowed by law, I agree to waive, discharge claims and release from liability Glad Health & Fitness, Inc., its officers, directors, employees, agents and leaders from any and all liability on account of, or in any way resulting from Injuries or Damages. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me in the Activity.

Your signature below acknowledges that you have carefully read this waiver and release and fully understand that it is a release of liability. You agree to voluntarily give up any right that you may otherwise have to bring a legal action against Glad Health & Fitness and its instructors or owners for negligence, or any other personal injury or property damage or loss action.

Name of Participant (Print)

Address

Phone

Signature

Date

All participants must complete this Liability Disclaimer to be eligible to participate in the ACTIVITY.