

**WAIVER AND RELEASE OF LIABILITY**  
**PLEASE READ CAREFULLY**

I, \_\_\_\_\_, have enrolled in the health and fitness program offered through ***Fitness Solutions International, LLC***. I recognize that the program and other services provided by ***Fitness Solutions International, LLC***, may involve strenuous physical activity, including but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I acknowledge that my enrollment and subsequent participation is purely voluntary and in no way mandated by ***Fitness Solutions International, LLC***.

By signing below, I agree to **release, hold harmless, and indemnify *Fitness Solutions International, LLC***, and its owners, members, managers, agents, and employees, from any and all damages that I or my guests may suffer as a result of the services provided by ***Fitness Solutions International, LLC***. I understand that there is a risk involved with the services provided by ***Fitness Solutions International, LLC***, and I agree to assume the risk of harm to myself and my guests, and I shall not seek any damages of any kind from ***Fitness Solutions International, LLC***, its owners, members, managers, agents, or employees, for any harm or damages suffered by me or my guests. I further agree to **release, hold harmless, and indemnify *Fitness Solutions International, LLC***, its owners, members, managers, agents, and employees, from any and all claims of liability of any kind arising out of the services provided even though liability may be caused by negligence or carelessness.

I accept all responsibility for my use of any and all equipment, apparatus, appliances, facilities, privileges, or services whatsoever, owned and/or operated at ***Fitness Solutions International, LLC***, at my own risk, and shall **release, hold harmless, and indemnify *Fitness Solutions International, LLC***, its owners, members, managers, agents, and employees, from any and all loss, claim, injury, damage, or liability sustained or incurred by me resulting therefrom.

I agree and understand that by signing this document, I agree to **release, hold harmless, and indemnify *Fitness Solutions International, LLC***, and its owners, members, managers, agents, and employees for any harm, damage, or costs, including reasonable attorney fees and costs, resulting from the conduct of myself or my guests.

I understand that this **Waiver and Release of Liability** is intended to be as broad as possible under the laws of the state of Washington. If any provision of this document should be held unenforceable, the remainder of this document shall continue to be enforceable.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I FREELY, KNOWINGLY, AND VOLUNTARILY AGREE TO THE TERMS OF THIS **WAIVER AND RELEASE OF LIABILITY**.

**Member Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*Guardian Signature (if not 18 years old):* \_\_\_\_\_

*Print Name:* \_\_\_\_\_