

Free Time Fitness Waiver and Release of Liability

In consideration of my use of this facility and the exercise equipment provided by Free Time Fitness and Notaro Health Group, I agree and contract on behalf of myself, my heirs, executors, administrators, successors, and assigns, that Free Time Fitness and its insurers, employees, owners, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by myself, or my guest, as a result of the use of equipment or any of the facilities, regardless of whether such injuries result in whole or in part from the negligence of the company.

I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type which may occur to myself or my guest. I fully and forever release and discharge Free Time Fitness, its insurers, employees, owners, and associates, from any and all claims, demands, damages, rights of action or causes of action, present and future, known or unknown, anticipated or unanticipated, resulting from or arising out of the use of the equipment and facilities.

I expressly agree to indemnify and hold Free Time Fitness harmless against any and all claims, demands, damages, rights of action or causes of action, of any person or entity, that may arise from injuries or damages sustained by myself or my guest.

I agree to be solely responsible for the safety and well being of myself and my guest. I understand that Free Time Fitness does not provide supervision, instruction, or assistance for the use of the facilities and any of the equipment.

I agree to comply with all of the rules and regulations of Free Time Fitness. I agree to conduct myself in a reasonable manner at all times, and to refrain from using equipment in an unintended manner according to its design and purpose.

I understand that Free Time Fitness is not responsible for any lost, stolen, or damaged property while in, on, or around the facility.

I understand and acknowledge that the use of this exercise equipment involves risk of serious injury, including permanent disability and even death.

I have read the foregoing waiver and release of liability and voluntarily executed this document with full knowledge of its content.

Name: _____ **Date:** _____

Signature: _____