



Release and Waiver of Liability

RELEASE AND WAIVER OF LIABILITY. User recognizes that there are hazards and risks connected with physical fitness training. These risks include, but are not limited to; abnormal blood pressure, fainting, heart disorders and heart attack, dehydration, heat exhaustion, sprains, muscle strain, blisters, stress fractures, shin splints, tendonitis, cartilage tears, bursitis, back pain and bruising of joints. Exercise beyond one's physical limits and/or accidents involving exercise equipment may result in serious injury or death. User agrees to defend, indemnify, and hold Gym Kennedy, LLC and its officers, agents, and employees harmless from and against any and all loss, damage and expense incurred by reason of any claim or liability based upon personal injury (including death) or property damage arising out of the negligent or intentional action of User. User further agrees to release Gym Kennedy, LLC and its officers, agents, and employees from any and all liability arising out of injury to User and further agrees to defend, indemnify, and hold Gym Kennedy, LLC and its officers, employees, and agents free and harmless from and against the same. Additionally, user acknowledges that surveillance cameras are in use for the protection of the facility and its equipment. User gives consent to be photographed and/or recorded.

Name _____ Phone Number _____

Signature _____ Date _____