

FIT Rx, LLC

Waiver & Release Form

Because physical exercise can be strenuous and subject to risk of serious injury, Fit Rx, LLC urges you to obtain a physical examination from a physician before using any exercise equipment or participating in any exercise activity. You agree that if you do engage in any physical exercise or activity, or use any Fit Rx amenity on the premises or off premises including any sponsored Fit Rx event, you do so **at your own risk**. Any recommendation for changes in diet including the use of food supplements 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 even death. We are also not responsible for loss of personal property.

This waiver and release of liability includes, without 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 instruction, b) the sudden and unforeseen malfunctioning of any equipment, c) our instruction, training, supervision, or dietary recommendations, and d) your slipping and/or falling while in the studio, or on the studio 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 Fit Rx, and all affiliates, employees, agents, representatives, or assigns, from any and all claim or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against Fit Rx or Skolfield-Homes for personal injury or property damage and/or loss.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of Fit Rx, 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: _____ Printed Name: _____ Date: _____

