

## AGREEMENT AND RELEASE OF LIABILITY

Please initial next to each paragraph after you have read it, to show that you have read it and agree.

\_\_\_\_ 1. I, \_\_\_\_\_ (name), of \_\_\_\_\_ (address), acknowledge that I have voluntarily applied to participate in strength, flexibility, and aerobic exercise, including, but not limited to, the use of exercise equipment.

\_\_\_\_ 2. I do hereby waive, release and forever discharge The Fitness Studio of Orlando, Inc. and the employees of The Fitness Studio of Orlando, Inc. from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities or my use of equipment during my exercise sessions at The Fitness Studio of Orlando, Inc..

\_\_\_\_ 3. I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment are potentially hazardous activities. I also understand that fitness activities involve a risk and that I am voluntarily participating in these activities. I hereby agree to expressly assume any and all risks.

\_\_\_\_ 4. I acknowledge that I have either had a physical examination and have been given my physician's permission to participate, or that I am participating in activity and/or use of equipment without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment in my activities.

\_\_\_\_ 5. As lawful consideration for being permitted to participate in the activities scheduled and associated with The Fitness Studio of Orlando, Inc., I release from any legal liability and agree not to sue, claim against the property of, or prosecute, and to indemnify and hold harmless, The Fitness Studio of Orlando, Inc., and all the officers, members, agents and employees for any and all injury or death caused by or resulting from my voluntary participation in the activities mentioned in Paragraph 1, whether or not such injury or death was caused by their negligence or any other cause.

\_\_\_\_ 6. This contract shall be legally binding upon me, my heirs, my estate, assigns, legal guardians and my personal representatives.

\_\_\_\_ 7. I declare that I have carefully read, fully understand and agree to the contents of this agreement in its entirety. I am aware that I am releasing legal rights that I otherwise may have and I enter into this contract on behalf of myself and my family of my own free will, and with full comprehension and awareness of the risks involved.

This is a release of liability. Do not sign or initial the release if you have not read it completely or do not understand or do not agree with any of its terms.

DATE: \_\_\_\_\_ PRINT NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

PHONE: \_\_\_\_\_

WITNESS: \_\_\_\_\_

How did you find The Fitness Studio of Orlando? \_\_\_\_\_

The Fitness Studio of Orlando  
6700 Conroy Road, Suite 235  
Orlando, Florida 32835  
407-532-6600 phone  
407-532-6320 fax