

# Wright Way Fitness

## Complete Waiver and Release of Liability

In consideration for being allowed to participate in the personal fitness training program and in consideration of my membership and being able to use Wright Way Fitness facilities and/or equipment, I hereby waive, release and covenant not to sue Wright Way Fitness, its owners, employees, instructors, or agents from all present and future claims resulting from ordinary negligence on the part of Wright Way Fitness or others listed for personal injury or death, or from loss, damage, or theft of personal property. This includes all claims arising as a result of using the facilities and equipment of Wright Way Fitness and engaging in any Wright Way Fitness activities or any activities incidental thereto. On behalf of myself, my family, estate, heirs, or assigns, I hereby voluntarily waive all claims resulting from ordinary negligence.

Furthermore, I am aware that personal training program activities, as well as health and fitness club activities can range from vigorous cardiovascular activity (e.g., group aerobics, running, cycling, treadmills, steppers, or racquetball) to the strenuous exertion of strength training (e.g., free weights, weight machines). I understand that these and other physical activities at Wright Way Fitness involve certain inherent risks, including but not limited to death, serious neck and spinal injuries resulting in complete or partial paralysis, heart attacks and injury to bones, joints, or muscles. My participation is voluntary with full knowledge of such inherent risks of property damage, personal injury, or death.

I understand that this waiver is intended to be as broad and inclusive as permitted by the laws of Georgia and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect. I further affirm that the venue for any legal proceedings shall be in Georgia.

I understand that Trainer may photograph or video me prior to, during the delivery of training, or at the completion of training and I agree to allow Trainer to use photographs and videos of me, as well as, name and likeness for promotional purposes.

I have read this form and fully understand that by signing this form, I am giving up legal rights and remedies that may be available to me for the ordinary negligence of Wright Way Fitness or any of the parties listed above.

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Signature of Participant or Legal Guardian if under the age of 18

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Full Name (Print)

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Date