



Minor Release Form

(Your information, including phone number and email, is confidential and will be used solely for restricted and essential purposes.)

Minor's Full Legal Name: _____
 Mailing Address: _____
 City (Mailing): _____ State (Mailing): _____ Zip (Mailing): _____
 Mobile Phone: (____) _____ Date of Birth: __/__/____ Age: ____ Sex: ____
 E-Mail Address - home: _____

Legal Guardian's Full Legal Name: _____
 Relationship to Minor: ____ Parent ____ Legal Guardian
 Legal Guardian's Mailing Address: _____
 City, State, Zip: _____
 Telephone: (____) _____ Mobile (____) _____
 Legal Guardian's E-mail address: _____

DISCLAIMER/WAIVER

Medical Condition and Minor/member Ability: All minor/members are **solely** and **completely** responsible for any and all exercises and movements done at the facility. Management strongly urges all minor/members to consult with their doctor or health professional before using any part of the facility. Management reminds all minor/members to work at their **own** level and abilities and to **not** perform any exercise or movement they are not **fully** comfortable or competent to do safely and without injury. All minor/members agree that **no** staff or trainer or management has suggested medical treatment or given medical advice. In recognition of the possible dangers connected with any physical activity, minor/member(s) hereby **knowingly** and **voluntarily** waives **any** right or cause of action of **any** kind **whatsoever** arising as a result of such activity from which **any** liability may result or accrue to Gymies Health & Fitness Club, Inc./Gymies Fitness Center, it's owners, officers, agents, employees or instructors.

Disclaimer: Gymies Health & Fitness Club, Inc./Gymies Fitness Center urges all minor/members to obtain a physical examination from their physicians prior to the use of any exercise equipment or attendance in any exercise class. In recognition of the possible dangers connected with any physical activity, minor/member(s) hereby **knowingly** and **voluntarily expressly** forever waives **ANY AND ALL** right or cause of action of **ANY KIND WHATSOEVER** arising as a result of such activity from which **ANY** liability may result or accrue to Gymies Health & Fitness Club, Inc./Gymies Fitness Center, it's owners, officers, agents, employees or instructors. It is **expressly** agreed that **ALL** exercises and use of **ANY** and **ALL** equipment or exercise is done at minor/member's **SOLE RISK**. Gymies Health & Fitness Club, Inc./Gymies Fitness Center, it's owners, employees, instructors and agents shall be held **NOT** liable in any way for **ANY AND ALL** claims, demands, injuries, damages, actions or causes of action **whatsoever** to minor/member or property of the minor/member or to minor/member's family/estate/heirs/relatives/spouse/children/friends/employer/company/employees. Minor/member and minor/member's family/estate/heirs/relatives/spouse/children/friends/employer/company/employees expressly and willingly forever releases Gymies Health & Fitness Club, Inc./Gymies Fitness Center, it's owners, employees, instructors, and agents from **ANY** accident or **ANY** injury and from **ALL** acts of **ACTIVE** or **PASSIVE** or **GROSS** negligence on the part of Gymies Health & Fitness Club, Inc./Gymies Fitness Center, it's employees, owners, instructors, and agents.

In plain language, minor/member is **completely** responsible for the minor/member's own safety while exercising as well as the safe use of any equipment. Gymies Health & Fitness Club, Inc./Gymies Fitness Center or the employees/instructors are **not** responsible for any injuries or damages or negligence or what ever you can name or dream up! Use common sense, know yourself and your limitations, and only do exercises and use equipment that you are comfortable in doing or using. Minor/member is advised and reminded to **always** work well within the minor/member's physical ability and to **not** do any exercise or use any equipment the minor/member is not completely comfortable in using.

Minor/member agrees to follow club rules as promulgated from time to time. Violation of these rules may be cause for suspension or cancellation of membership with no compensation or reimbursement to minor/member.

Dated _____, 20____

Signature of Minor

Seller's agent

Full Signature of Legal Guardian assuming complete responsibility for guest/member if guest/member is a minor