



# SICKFIT BOOTCAMP

## Release of Liability

Because physical exercise can be strenuous and subject to risk of serious injury, SickFit Bootcamp urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest, or participant) agree that if you engage in any physical exercise or activity through SickFit Bootcamp on ANY SickFit Bootcamp premises, you do so **entirely at your own risk**. 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 death. SickFit Bootcamp is also not responsible for any loss of your personal property.

This waiver and release of liability includes, without limitation, all injuries which may occur, regardless of negligence, 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, and/or supervision, or dietary recommendations and (d) your slipping and/or falling while on the West Valley Elementary School, Cupertino Middle School, Sunnyvale Presbyterian Church, Sunnyvale Middle School and/or Houge Park 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 SickFit Bootcamp, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims 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 SickFit Bootcamp for negligence, personal injury or property damage.

Signed: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Dated: \_\_\_ / \_\_\_ / \_\_\_

Email: \_\_\_\_\_

Location: Cup Middle Houge Park