



AMERICAN FAMILY WAIVER

I GIVE _____ PERMISSION TO ATTEND AMERICAN
FAMILY FITNESS CENTER ON _____

It is understood that any program or activity involving physical exercise or the use or presence of exercise or other fitness equipment and related facilities and premises, may be hazardous, and may result in accident, bodily injury, death or damage to property. I acknowledge, and it is agreed that, although the Club staff may provide advice, instruction or consultation, the nature, extent and methods of exercise or other activity, and the use of the Club equipment, premises, and facilities by me and my family or guests is my (or their) sole decision and responsibility. I affirm hereby that I and my family and guests are physically fit for the activities engaged in the use of facilities or equipment on the Club's premises. I, for myself, and my dependents under the age of eighteen years, and for our heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims for liability, or other causes of action, for damage, loss, costs, fees or expenses of any kind that I or any of my family members or guests may have or assert against Richmond Fitness, Inc., and/or any of its employees, officers or directors for any and all bodily injuries, death or damage to or loss of, property, suffered by me (or by those on whose behalf or for whose injury, death or damage I might recover) arising out of or in connection with any advice, consultation, or instruction by Club staff, or the use of any of the equipment, premises, or facilities, of participation in any activity at, or sponsored by, the Club, and I, for myself, and them, do hereby assume all risk of such use and/or participation.

(PLEASE SIGN HERE THAT YOU READ AND UNDERSTAND)

(DATE)