NAME: _____
LAST FIRST MI

ADDRESS: _____
STREET CITY ZIP

PHONE: _____ CELL #_____

DATE OF BIRTH: _____ EMAIL: _____

Waiver & Release Form

Physical exercise can be strenuous and subject to risk of serious injury, The Edge Personal Fitness LLC, T/A Forest Hill Health & Fitness, 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, and all participating family members) agree that if you engage in any physical exercise or activity, or use any club amenity on the premises or off premises including any sponsored club event, you do so **entirely at your own risk.** Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult your physician prior to undergoing any dietary or food supplement changes. 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. We are also not responsible for any loss of your personal property.

This waiver and release of liability includes, without limitation, all injuries which may occur 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, supervision, or dietary recommendations and (d) your slipping and/or falling while in the club, or on the club 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 Forest Hill Health & Fitness, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring legal action against Forest Hill Health & Fitness for personal injury or property damage.

To the extent that a statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of Forest Hill Health & Fitness, its agents, and employees.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

Forest Hill Health & Fitness reserves the right to use any photographs taken for the purpose of current or future promotional endeavors. This could include but not limited to brochures, flyers, local papers, and our website.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Signed: _____
Printed Name: _____ Date: ____/____/____