



THE MEADOWS FITNESS WAIVER AND RELEASE OF LIABILITY

The Meadows Community Association, Inc. (hereinafter “The Meadows”) shall not be liable for any injuries or any damage to any member or guest, or be subject to any claim, demand, injury or damages, whatsoever, including without limitation those damages from acts of passive or active negligence on the part of The Meadows, its officers, employees, or agents. I, the undersigned Member do hereby expressly and forever release and discharge The Meadows from all such claims, all demands, injuries, damages, actions or causes of action. I acknowledge that I have carefully read this paragraph and fully understand that this is a waiver and release of liability.

I, the undersigned member, acknowledge all fitness center policies provided to me and that they are intended and necessary to ensure safety, preserve the overall appearance and condition of the community fitness center. The Meadows Community Association strongly advises members against using equipment that is not familiar to them and how it properly functions. Violation of fitness policies are subject to account suspension as deemed necessary by management.

I acknowledge that I can operate the equipment properly and/or will seek assistance if needed. I also understand that my participation in any physical activity is voluntary, and I understand that it is recommended by The Meadows Community Association, Inc., and all staff, and independent contractor trainers and instructors that I consult with a physician before engaging in any sport or physical activity. I assume full responsibility for monitoring my own physical condition during any activity. Should I experience any unusual symptoms, I agree to stop all physical activity immediately, if necessary, seek immediate assistance, call 911 or notify the closest Meadows Community Fitness Center staff or trainer or instructor.

I fully understand and agree that The Meadows Community Association, Inc., and all staff, are not responsible for any injury, harm, or medical condition that may arise from my voluntary participation in any activity, program, personal training, or class within this facility. I voluntarily assume all risks associated with my participation.

By signing, I acknowledge that I have read and understood this waiver, policies and release of liability agreement, I understand that this is a waiver and release of liability, and I voluntarily agree to its terms.