

RELEASE OF LIABILITY, WAIVER OF LEGAL RIGHTS AND ASSUMPTION OF RISK

In consideration of being allowed to participate in **Zinger Fit**, I hereby understand and agree to this release of liability, waiver of legal rights, and assumption of risk and to the terms hereof as follows:

1. I acknowledge that the **Zinger Fit HIIT, Barre and Cycle Classes** are fitness classes and such activity is subject to mishap and even injury to participants, including the potential for permanent paralysis and death. I understand and acknowledge that **Zinger Fit** activities have inherent dangers that no amount of care, caution, instruction or expertise can eliminate and I EXPRESSLY AND VOLUNTARILY ASSUME ALL RISK OF DEATH OR PERSONAL INJURY SUSTAINED WHILE PARTICIPATING IN **ZINGER FIT** ACTIVITIES WHETHER OR NOT CAUSED BY THE NEGLIGENCE OF THE RELEASED PARTIES.

Initial here ☒ _____

2. I take full responsibility for, RELEASE AND HOLD HARMLESS **Zinger Fit**, and employees from any and all liability, claims, demands or causes of action that I may hereafter have for injuries or damages arising out of my participation in **Zinger Fit**, included, but not limited to, losses CAUSED BY THE NEGLIGENCE OF THE RELEASED PARTIES.

Initial here ☒ _____

3. I further agree that I WILL NOT SUE OR MAKE CLAIM against the Released parties for damages or other losses sustained as a result of any injury, or death, sustained from my participation in **Zinger Fit** activities. I also agree to INDEMNIFY AND HOLD THE RELEASED PARTIES HARMLESS from all claims, judgments and costs including attorney's fees, incurred in connection with any action brought as a result of participation in **Zinger Fit** activities by any of the undersigned.

Initial here ☒ _____

4. I hereby expressly recognize that this Release of Liability, Waiver of Legal Rights, and Assumption of Risk is a contract pursuant to which I have released any and all claims against the Released Parties resulting from any injury, or death, sustained from participation in **Zinger Fit** activities including any claims for negligence of the Released Parties.

Initial here ☒ _____

I HAVE READ THIS RELEASE OF LIABILITY, WAIVER OF LEGAL RIGHTS AND ASSUMPTION OF RISK AND FULLY UNDERSTAND ITS CONTENTS. I SIGN IT OF MY OWN FREE WILL.

Date: _____ 20 _____

Signature of Adult Participant: ☒ _____

Name of Adult Participant: ☒ _____
(Please Print)

Email Address: ☒ _____

Phone Number: ☒ _____

Referred By: ☒ _____

