

GFORCE FITNESS
209 CHILHOWEE SCHOOL RD
SEYMOUR, TN 37865
865-773-0777

GForce Group Fitness and Ninja Warrior Obstacle Liability Waiver – Adult

Please read carefully, by signing this form - you are waiving all rights to compensation in case of injury.

Liability Release and The Assumption of Risk - For Participants 18 and Older

In and for consideration of GForce Fitness Seymour (the "Gym",) allowing my participation in training, recreational, and any and all other activities at facilities or events, indoor or outdoor, operated by the Gym, I, on my own behalf and on behalf of my heirs, devisees, agents and/or representatives, and each of them hereby release and indemnify the Gym and its members, managers, employees, volunteers, trainers, trustees, beneficiaries, successors, assigns, agents and/or representatives and each of them of and from all liability for personal injuries I may suffer arising out of, or in any way related to, my use of the facilities operated by the Gym.

I understand that my participation in obstacle courses, weight lifting, fitness classes, personal training, and any and all other activities at the facility operated by the Gym is at my own risk. The risks include but are not limited to: falling off obstacles, loose or damaged training equipment or obstacles, falling to the ground, falling on others, or being fallen on by others; training out of control or beyond one's personal limits. I agree to pay attention to the state of equipment and obstacles in the gym and to advise staff if I do any damage or notice any damage. Furthermore, GForce Fitness trainers may be unaware of a participant's fitness or abilities. I agree to participate in all activities at my own risk and to be aware of my own personal limitations. I also understand that no assurance guaranteeing my safety is being made by the Gym or its members, managers, employees, volunteers, trainers, agents and/or representatives.

- I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.
- I agree to observe and obey all rules and warnings, and further agree to follow any oral instructions or directions given by GForce Fitness trainers. *No headphones or jewelry while training.* Around obstacles is a fall zone-watch for falling people. Only one person will be allowed on each obstacle at one time.
- I agree to pay for all damages to the facility of GForce Fitness Trainers caused by me or my families negligent, reckless, or willful actions.
- I understand that my participation in obstacle courses, weight lifting, fitness classes, personal training, and any and all other activities at the facility operated by the Gym could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or third parties.
- I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

By signing this waiver I affirm that I am over eighteen years of age.

Name: _____

Address: _____

City/State/Zip _____

Date of Birth: month _____ date _____

Email: _____ @ _____ Phone (____) _____ - _____

I have read, understand, and agree to follow these rules.

Signature: _____ Date: ____/____/____