

WAIVER AND RELEASE OF LIABILITY

1. In consideration for participating in classes, personal training, parties and/or charity events of Dynamic Fitness Long Island Inc. I hereby release, waive and discharge Dynamic Fitness Long Island Inc., Team Extreme F.A., Ua Properties, and their officers, volunteer, agents, and employees from any and all liability, claims, demands, action and causes of action whatsoever arising out of or related to any loss, damage, or injury including death, that may be sustained by me, or to any property belonging to me, whether caused by negligence of Dynamic Fitness Long Island Inc., Team Extreme F.A., and Ua Properties while participating in such event, or while in, on or upon the premises where the event is being conducted or in transportation to and from said premises.
2. To the best of my knowledge, I can fully participate in these classes, personal training, parties and/or charity events. I am fully aware of the risk and hazards connected with these classes, personal training, parties and/or charity events. I hereby elect to voluntarily participate in said event, and to enter the above-named classes, personal training, parties and/or charity events and engage in such activity may be hazardous to me and my property. I voluntarily accept responsibility for damage or personal injury, including death, that may be sustained by me, or any loss or damage to property owned by me, as a result of being engaged in such a classes, personal training, parties and/or charity events.
3. I further hereby agree to indemnify and hold harmless Dynamic Fitness Long Island Inc., Team Extreme F.A., and Ua Properties from any loss, liability, damage or costs, due to my participation in said classes, personal training, parties and/or charity events, whether caused by negligence or otherwise.
4. I understand that Dynamic Fitness Long Island Inc., Team Extreme F.A., and Ua Properties will not be responsible for any medical costs associated with an injury I may sustain. I acknowledge, affirm, and agree that I have sufficient opportunity to read this entire WAIVER of rights, that I understand it's content, and that it is legally binding, and that I execute it freely, intelligently, and without duress of any kind and I agree to be bound by its terms. If participant is under 18 years of age, parent or guardian of the minor under 18 years of age referenced here hereby consent to the waiver and release of any and all claims as described in this RELEASE FORM SIGNED.

Participant full legal name (printed):

Participant's signature:

Date:

Date of Birth:

Phone Number:

Email:

If Participant is under 18 years of age Parent and/or Legal Guardian full legal name:

Parent and/or Legal Guardian signature:

Date:

Parent and/or Legal Guardian

Date of Birth:

Phone Number:

Email:

Emergency Contact

Name:

Phone Number:

Relationship:
