

DATE: This liability waiver includes Gold's Gym McDonough, Gold's Gym Eagles Landing and Gold's Gym Ellenwood.

WARNING!!

This is a physical fitness facility. Only members are allowed. If you are a guest, and you are on the floor, you have already checked in at the front desk and signed the appropriate liability paperwork releasing the above companies from any liability resulting from investigating the premise. By signing this form, you say that you are 18 years of age. When the facility is in 24-hour mode, only members are allowed in the building. It is up to the member to know the day-to-day times of operation. Children are not allowed in the building during the 24-hour mode. Children under the age of 14 are not allowed in the general exercise areas and must wait for their guardian in an approved space during operational hours. These same risks written below are associated and relative with the childcare rooms as well. Understand that the child courtesy room is not a daycare. All members must receive approval, on their own, from a physician to participate in all actions associated with the fitness centers mentioned below. This is not the responsibility of the fitness center. By signing below or the attached "signature sheet", you will relieve and acknowledge for valuable consideration received and mutual promises herein, that you forever release and acknowledge for injuries or the like occurring in Gold's Gyms Ellenwood, Eagles Landing, McDonough LLC and Viar Enterprises of any liability resulting from the ordinary negligence of the fore mentioned companies, officers, employees, trainers and fitness instructors and childcare associates.

BEWARE

You exercise and use this equipment at your own risk. There are dangerous cardio machines, selectorized machines with pulleys, gears, cables, and belts that may cause injury. (You must get proper directions before using any machine, device, or free weight in the facility.) Understand that there are free weights on the premises and by using them improperly; you are at risk of injury. Also understand that extreme dangers may exist in the group fitness rooms. By taking any group fitness class, you may sustain injury or even death. (We advise you to pay attention to the equipment provided and used in these classes). You, as the member, have the responsibility to double-check each piece of equipment, free weight, cardio machine, or piece of group fitness equipment for safety. Also understand some classes (i.e. Karate and Brazilian Jiu Jitsu) do have apparent risk of injuries or even possible death. By entering these classes you do so at your own risk. In recognition of the possible dangers, transmission of bodily fluids, or even death connected with any physical activity, you hereby, knowingly and voluntarily waive any right of cause of action of any kind, whatsoever; arising as a result of any negligence in such activity, group fitness class or childcare incident from which any liability may or could accrue to the club, its officers, owners, agents, employees, trainers, or instructors.

ALSO

use of the changing rooms, showers, bathrooms, saunas, swimming pools or racquetball (follow the rules on the door) may be dangerous and result in injury (i.e. falling, tripping, slipping of wet surfaces, or mean people). You must assume full liability of these spaces and release the above companies from any liability resulting from ordinary negligence. Please read the rules in the swimming area. There are no guards present.

BEWARE

This is a 24-hour facility and at certain times these premises are unmanned and can be dangerous. It is your responsibility to know these times. Injuries and death may occur. If you are in the facility during unmanned times understand that you do so at your own risk. It is your responsibility to carry a communication device (phone) in case of an emergency. You must assume full responsibility and liability and hold harmless the fore mentioned companies during these times.

TANNING BEDS

When you are making use of the tanning rooms and tanning products, please understand that you are doing so at your own risk. As with natural sunlight, over exposure can cause eye and skin injury, cancer or allergic reactions. Repeated exposure may cause premature aging of the skin and skin cancer. WEAR PROTECTIVE EYEWEAR. Consult your physician before using sunlamps if you are using medications (some medications are contraindicated for sunlamps) or have a history of skin problems or believe yourself to be especially sensitive to sunlight. If you do not tan in natural sunlight then it is likely that you will not benefit from this product.

Signature of Acceptance, _____ 1)
2)

Print your name, _____
1) 2)
3)3)