

ASSUMPTION OF RISK AND WAIVER OF LIABILITY

WAIVER OF LIABILITY

In consideration for being allowed to participate in classes and activities at Winners Training Center (the "Gym"), I, [INSERT NAME], acknowledge and agree to the following terms:

1. **Assumption of Risk:** I understand that participation in physical activities involves inherent risks, including but not limited to the risk of injury, disability, or death. I voluntarily assume all risks associated with my participation in classes and activities at the Gym.
2. **Release of Liability:** I release and waive any and all claims, causes of action, or other rights I may have against the Gym, its owners, officers, employees, agents, and representatives (collectively, the "Released Parties") for any and all damages, injuries, or losses I may sustain as a result of my participation in classes or activities at the Gym, whether caused by the negligence of any of the Released Parties or otherwise.
3. **Indemnification:** I agree to indemnify and hold harmless the Released Parties from any and all claims, actions, suits, or demands, including reasonable attorneys' fees, arising from or related to my participation in classes or activities at the Gym, including but not limited to any claims for personal injury, property damage, or wrongful death.
4. **Medical Consent:** I consent to receive medical treatment that may be deemed necessary in the event of an injury, accident, or illness that occurs during my participation in classes or activities at the Gym.
5. **Agreement to Follow Rules:** I agree to abide by all rules, regulations, and policies of the Gym, as well as any instructions or

warnings provided by Gym staff, regarding my participation in classes or activities at the Gym.

6. Age Requirement: I certify that I am at least 18 years old at the time of signing this waiver of liability.
7. Governing Law and Venue: This waiver of liability shall be governed by and construed in accordance with the laws of the state in which the Gym is located, and any legal action arising from or related to this waiver of liability shall be brought in the courts of that state.

I have read this waiver of liability and fully understand its contents. I voluntarily agree to its terms and sign it freely and without inducement.

{Signature}