



REALEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT (hereinafter "The Release Agreement") BY SIGNING THIS YOU WILL WAIVER CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE. PLEASE READ CAREFULLY

THE ACTIVITES REFERRED TO IN THIS RELEASE AGREEMENT INVOLVE RISKS, DANGERS AND HAZARDS INCLUDING RISK OF DAMAGE, LOSS, PERSONAL INJURY AND DEATH. THESE RISKS, DANGERS AND HAZARDS ARE MORE FULLY DESCRIBED ON THE FOLLOWING PAGES. ALL PARTICIPANTS IN THESE ACTIVITIES ARE REQUIRED TO SIGN THIS RELEASE AGREEMENT WHICH IS INTENDED TO PREVENT PARTICIPANTS FROM SUING IN THE EVENT OF AN ACCIDENT. PLEASE TAKE THE TIME TO REVIEW THIS DOCUMENT CAREFULLY

Last Name First Name	
Street	
CityProvince	
Postal Code	
Birth Day m/d/y Telephone Number (include area code)	
PROGRAMS, and their respective directors, officers, agents, representative successors and assigns (collectively the "RELEASEES") DEFINITIONS In this agreement the term "fitness programs" shall include all activities, programs, events or pilates; aerobics; aquafit; dance; ballet; weight training; personal training; tennis; squash; ra training and fitness conditioning equipment, machines and facilities; nutritional and dietary ASSUMPTION OF RISKS I am aware that my participation in fitness programs involves many risks, dangers and haza include, but are not limited to: *Health: overexertion, dehydration, fatigue, lack of fitness or conditioning. *Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with of "Use of Equipment: mechanical failure of the equipment; negligent design or manufacture instructions or guidance as to the use of the equipment; failure to use or operate the equipment-advice: negligent advice regarding fitness programs. *My conduct and conduct of other persons, including NEGLIGENCE ON THE PART OF Realasees may fail to safeguard or protect me from the risks, dangers and hazards of the fitnessing the risks, dangers and hazards the possibility of per RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INNDE. In consideration of the Releasees allowing me to participate in fitness programs and permitt 1. TO WAIVE ANY AN ALL CLAIMS that I have or may in the future any loss, damage, expense or injury including death that I may suffer or WHATSOVER, including but not limited to: *negligence on the part of the Releasees; *breach of contract by the Releasees; *breach of or outract by the Releasees; *breach of on systatutory or other or other duty of care including the duty *the failure on the part of the Releasees in respect of the design *breach of on the part of the Release	of the equipment; the provision of or the failure by the Releasees to provide any warnings, directions, nent within my own ability. THE RELEASEES, may increase the risk of damage, loss, personal injury or death. I understand that the ness programs, some of which are referred to above. In risks, dangers and hazards, I wish to participate in fitness programs with the Operator, and I FREELY resonal injury, death, property damage and loss resulting there from. MNITY AGREMENT ting my use of their equipment, facilities and services, I hereby agree as follows: have against THE RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for that my next-of-kin may suffer as a result of my participation in fitness programs DUE TO ANY CAUS a, manufacture, selection, installation, maintenance or adjustment of equipment; yof care owed under the Occupiers Liability Act, R.S.A. 2000, c. 0-4, on the part of the Releasees; and the risks, dangers and hazards of fitness programs, some of which are referred to in the Assumption of any and all liability for any damage, loss, expense or injury to any third party resulting from my in, executors, administrators, assigns and representatives, in the event of my death or incapacity. Fitness instructors and staff available to answer any questions I may have as to the proper use of the presentation or statements made by the Releasees with respect to the safety of fitness programs other that excident, liability or medical insurance or compensation, should I become injured or cause personal injury
JURISDICTION: This Agreement and any rights, duties and obligations as between the Province of Alberta, and I agree to attorn solely to the jurisdiction of the Courts of the Province of Alberta and shall be within the exclusive jurisdiction of the court of the Province of Alberta and shall be within the exclusive jurisdiction of the court of the Province of Alberta and shall be within the exclusive jurisdiction of the court of the Province of Alberta and Shall be within the exclusive jurisdiction of the court of the Province of Alberta and Shall be within the exclusive jurisdiction of the court of the Province of Alberta and Shall be within the exclusive jurisdiction of the court of the Province of Alberta and Shall be within the exclusive jurisdiction of the Court of the Province of Alberta and Shall be within the exclusive jurisdiction of the Court of the Province of Alberta and Shall be within the exclusive jurisdiction of the Court of the Province of Alberta and Shall be within the exclusive jurisdiction of the Court of the Province of Alberta and Shall be within the exclusive jurisdiction of the Court of the Province of Alberta and Shall be within the exclusive jurisdiction of the Court of the Province of Alberta and Shall be within the exclusive jurisdiction of the Court of the Province of Alberta and Shall be within the exclusive jurisdiction of the Court of the Province of Alberta and Shall be within the exclusive jurisdiction of the Court of the Province of Alberta and Shall be within the Exclusive jurisdiction of the Court of the Province of Alberta and Shall be within the Exclusive jurisdiction of the Court of the Province of Alberta and Shall be within the Exclusive jurisdiction of the Province of Alberta and Shall be within the Exclusive jurisdiction of the Province of Alberta and Shall be within the Exclusive jurisdiction of the Province of Alberta and Shall be within the Exclusive jurisdiction of the Province of Alberta and Shall be within the Exclusive jurisdiction of the Province of Alberta a	the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of Province of Alberta. Any litigation involving the parties to the Agreement shall be brought solely within wince of Alberta.
Signature	Date
Print Name	Staff Witness