

**TITONKA FITNESS CENTER
RELEASE AND WAIVER OF LIABILITY**

I understand that there are risks associated with exercise and other forms of physical activity in which I will engage while at the Titonka Fitness Center. These risks include, but are not limited to, abnormal blood pressure, fainting, heart disorder and heart attack, dehydration, heat exhaustion, sprains, muscle strain, blisters, stress fractures, shin splints, tendonitis, cartilage tears, bursitis, back pain and metatarsalgia (bruising of joints). Exercise beyond one's physical limits and/or accidents involving exercise equipment may result in serious injury or death.

Accordingly, I also understand that I should consult with a physician of my choosing before engaging in any exercise or fitness program or using the equipment and facilities available at the Titonka Fitness Center. I certify that I do not have any limiting physical condition or disability that would preclude an exercise program or use of the equipment and facilities available at the Titonka Fitness Center.

I also acknowledge that the Titonka Fitness Center is not staffed and when I use the facility and equipment, I do so at my own risk. I further understand that while access to the facility is intended to be restricted to those with a key, I should take reasonable steps to protect my own security.

In consideration of the right to participate in exercise programs and to utilize the other facilities offered by the Titonka Fitness Center, I hereby assume all risks associated with the exercise programs, use of the exercise equipment, and all other facilities, programs and activities offered by or through the Titonka Fitness Center. I hereby waive, release and discharge, and agree to indemnify and hold harmless, from all liability and as to any and all claims, loss, damage or cost, the Titonka Fitness Center, the members of the Recreation Commission, the City of Titonka, and all of its agents, officers and employees for personal injury(ies), death, and/or property damage and actions of any kind which may hereafter occur to me or to any other person while at the Titonka Fitness Center or on its premises, whether caused by negligence, recklessness or otherwise.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, UNDERSTAND AND AGREE TO ITS TERMS, AND HEREBY VOLUNTARILY RELEASE ALL CLAIMS TO THE FULLEST EXTENT PERMITTED BY LAW.

Print member name	Signature	Date
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For members age 16-17: I hereby sign this Agreement as parent/guardian of the following minor(s) and agree that said minor(s) are subject to this Agreement.

Print minor name	Signature of minor	Date
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Parent or Guardian Signature (If Applicable)	Date
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