

## Waiver and Release For Bellingham Fitness

1730 N. State St. • Bellingham, WA 98225 • (360)733-1600

I agree that I	I am aware that I am engaging in physical
exercise, including the use of exercise machines,	free weights, club facilities, training and
instruction, which could cause me injury. I am vo	oluntarily participating in these activities and
assume all risk of injury to me that might result.	I hereby agree to waive any claims or rights I
might otherwise have to sue seller, its employees,	, or agents for injury to me on account of these
activities. I agree that this waiver still applies if I	leave the club premises to participate in
outside activities. I agree and acknowledge that I	have carefully read this waiver and release.
Bellingham Fitness will make no evaluation whet	ther my guest of I are sufficiently fit for any
exercise activities. I understand I should always o	consult a physician before commencing a
physical exercise program.	
CEH Participant:	_
Parent Signature:	Date: