



Health & Fitness Liability Waiver/Informed Consent Form

I, _____, have enrolled in the health and fitness program offered through the Jewish Community Center (JCC) of Greater Ann Arbor in Ann Arbor, Michigan. I recognize that the program and its classes may involve strenuous physical activity including, but not limited to, muscle strength, endurance training, cardiovascular conditioning and training. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I acknowledge that my enrollment and subsequent participation is purely voluntary.

In consideration of my participation in any Jewish Community Center of Greater Ann Arbor fitness program, I _____, hereby release the Jewish Community Center of Greater Ann Arbor, and its agents, from any claims, demands, and causes of action as a result of my voluntary participation and enrollment.

I fully understand that I may injure myself as a result of my enrollment and subsequent participation in a Jewish Community Center of Great Ann Arbor fitness program, and I, _____, hereby release the Jewish Community Center of Greater of Ann Arbor, and its agents, from any liability now, or in the future, for conditions that I may obtain. These conditions may include, but are not limited to: heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, back, feet, or any other illness or soreness that I may incur, including death.

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS. IF YOU DO NOT UNDERSTAND THE ABOVE STATEMENTS, PLEASE SEEK LEGAL COUNSEL BEFORE SIGNING.

Participant Signature

Date

Parent/Legal Guardian Signature (if under 18)

Date