FITNESS CENTER SIGN-IN AND RELEASE

The use of the equipment in the Fitness Center can be a potentially hazardous activity. Injury or even death may arise from the improper use of the equipment or from use by a person who is not in good health. You are not permitted to use this facility if you do not read this waiver and indicate your agreement by signing below.

The Fitness Center is an unsupervised amenity and each person using the Fitness Center is assuming all risk associated with using the equipment in the Fitness Center. Any person who uses the Fitness Center should also be evaluated by a physician and assured that participating in stressful physical activity is in his or her best interest. The responsibility to use care and to receive medical clearance rests exclusively with the person using the Fitness Center, and such obligations will continue as long as he or she uses the Fitness Center.

By my signature below, I am releasing the Herons Glen Recreation District from any and all obligations and liabilities, including injury or death, arising out of my use of the Fitness Center and its equipment.

DATE	SIGNATURE OF PARTICIPANT	PRINT NAME OF PARTICIPANT	LOT #	SIGN-IN TIME
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