



Circuit Training Waiver and Release Form

I, _____, have voluntarily agreed to participate in the circuit training program offered at the Odenton Church of God. I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and other various fitness activities. I hereby affirm and acknowledge that I am physically sound and I do not suffer from any illness, impairment, disease or other condition that would prevent me from participating in this program.

Fitness classes will often be held outdoors and weight training equipment may be used. Therefore, I am fully aware of the risks and hazards connected with the participation in the program. These risks may include physical injury, those injuries caused by terrain, facilities, temperature, weather, environment, vehicular traffic, lack of hydration and actions of other people, including but not limited to, participants, and pedestrians. I hereby elect to voluntarily participate in this program knowing that the associated physical activity may cause harm to me. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OR PERSONAL INJURY THAT MAY BE SUSTAINED BY ME AS A RESULT OF PARTICIPATION IN THIS PROGRAM.

I hereby release, waive, discharge, and covenant not to sue Eugene Travers, The Odenton Church of God and/or any of its members from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any damage, or injury that may be sustained by me while participating in this program, or while on or upon the premises where the event is being conducted including, but not limited to, any claims arising under negligence.

In signing this waiver and release, I acknowledge and represent that I have read and understand this waiver and release form. I hereby sign it voluntarily as my own free act and deed and my voluntary execution of this form evidences my agreement to the terms, provisions, waivers and releases as set forth above.

Print Name: _____

Date: _____

Signature: _____