



Adult Participant Waiver, Release,  
Indemnification of All Claims & covenant Not to Sue  
Group Fitness

NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. Read this document carefully and in entirety. By signing this agreement, you give up your right to bring a court action to recover compensation or obtain any other remedy for any personal injury or property damage however caused arising out of your participation in the Altavista Area Y Programs, now or at any time in the future.

Acknowledgment of Risk

I hereby acknowledge and agree that participation in group fitness activities (including but not limited to cycling, dance mind and body, aerobic, stretching and strength classes) comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with participation in group fitness activities as described above, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with group fitness activities as described above, participation and that said list in no way limits the operation of this Agreement.

Coronavirus / COVID-19 Warning & Disclaimer

Initial

Coronavirus, COVID-19 is an **extremely contagious** virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a mean to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in the Altavista Area Y programs or accessing the Altavista Area Y facilities could increase the risk of contracting COVID-19. The Altavista Area Y in no way warrants that COVID-19 infection will not occur through participation in Altavista Area Y programs or accessing the Altavista Area Y facilities.

Waiver, Release, Indemnification & Covenant Not to Sue

Initial

In consideration of my participation in the Altavista Area Y and group fitness activities as described above, I, \_\_\_\_\_, the undersigned participant, agree to release and on behalf of myself, my heirs, representatives, executors, administrators, and assigns, HEREBY DO RELEASE the Altavista Area Y, its officers, directors, employees, volunteers, agents, representatives and insurers ("Releasees") from any causes of action, claims, or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I, my heirs, representatives, executors, administrators and assigns may have, now or in the future, against the Altavista Area Y on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to the use of the Altavista Area Y facilities/equipment or participation in the Altavista Area programs

whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

In consideration of my participation in group fitness activities as described above I, the undersigned participant, agree to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, or costs of any nature whatsoever arising out of or in any way related to my group fitness activities as described above participation.

I hereby certify that I have full knowledge of the nature and extent of the risks inherent in group fitness activities as described above participation and that I am voluntarily assuming said risks. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, illness or death, I sustain while participating in group fitness activities as described above and that by signing this agreement I HEREBY RELEASE Releasees from all liability for such loss, damage, or death. I further certify that I am in good health and that I have no conditions or impairments which would preclude my safe participation group fitness activities as described above.

I further certify that my date of birth is \_\_\_\_\_ (MM/DD/YYYY), that my present age is \_\_\_\_\_, and that I am therefore of lawful age and otherwise legally competent to sign this agreement. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after having carefully read it, of my own free will.

IN WITNESS WHEREOF, this instrument is duly executed this \_\_\_\_\_ day of \_\_\_\_\_, in the year \_\_\_\_\_.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Participant Name (Print Clearly)