

Titan Fitness Division

Participant Waiver

I, _____, hereby enroll in the "Fitness Division" at **Titan Gymnastics** (hereafter referred to as "Titan"). I recognize that this program is an "at your own risk" program.

I understand that I should consult my physician before beginning this or any exercise program.

I understand that my enrollment in this program allows me access to only areas designated for this program.

I have read, understood, and agree to follow the rules attached and all rules posted in the facility.

In consideration of my participation in this program;

I _____, hereby release Titan, 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 this program. I hereby release Titan 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, injuries to back, injuries to foot, or any other injury, illness, or soreness that I may incur, including death.

I hereby affirm that I have read and understood the above statements and that I am healthy enough to undertake an exercise program.

Participant Signature _____

Date _____