



Fitness MD 3 Day Pass

Fill out and bring this form in on your first day!

NAME:

ADDRESS: APT:
CITY: ST: ZIP:

PHONE:

EMAIL:

1. How did you hear about Fitness MD?

2. What is your health/fitness goal?

3. Do you currently have a gym membership? If so, where?

4. Do you currently have any injuries? If so, what movements can you NOT perform?

It is agreed that all exercises including the use of weights, number of repetitions, and use of any and all machinery, equipment, and apparatus designed for exercising and the use of the Gym's (Fitness MD) premises and facilities shall be at the Member's (listed above) sole risk. Notwithstanding any consultation on exercise programs which may be provided by Gym employees or agents, it is hereby understood that the selection of exercise programs, methods and types of equipment shall be Members's entire responsibility, and the Gym shall not be liable to Member or member's family for any claims, demands, injuries, damages, or actions arising due to injury to Member's person or property arising out of or in connection with the use by Member of the services and facilities of the Gym or the premises where the same is located. If Member brings any personal property onto the premises of the Gym or onto the Gym's parking area, Member takes such action at Member's sole risk. It is hereby understood that the Gym is not responsible in any way for damage to or loss of any personal property which Member brings onto the premises of the Gym or onto the Gym's parking area, including but not limited to, losses due to theft, damage, or car accident. Member hereby holds the Gym, its successors, assigns, owners, officers, directors, employees, and agents harmless from all claims which may be brought against for any such injuries or claims aforesaid and Member for himself and on behalf of his family, executors, administrators, and personal representatives does hereby forever release and discharge the Gym, its successors, assigns, owners, officers, directors, employees, and agents from all claims, demands, injuries, damages, actions, losses and expenses.

Signature:

Date:

Administrative Use Online

Pass Expires:

Staff:

Trainer: