



All customers and visitors to Crank & Grind Indoor Cycling Studio (C&G) are subject to Crank & Grind Indoor Cycling Studios Terms and Conditions, Assumption of Risk, Liability Waiver and Release. By signing this, you agree to the Terms of Service set forth below. If you do not agree to these terms, please do not use and/or participate in classes, events, activities and using the exercise equipment and facilities provided by Crank & Grind.

THE AGREEMENT: Assumption of Risk, Liability Waiver and Release form

By registering for and/or participating in Crank & Grind Indoor Cycling Studio (C&G) classes, events, activities and using the exercise equipment and facilities provided by (C&G), I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that (C&G) and its insurers, employees, officers, directors, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me, or my guest in, on, or about the premises, or as a result of the use of the equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the company. I am aware that by participating in indoor cycling classes, I am subject to a range of injuries, varying from one activity to another, that include, but are not limited to (1) minor injuries such as abrasions, contusions, and sprains; (2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions; and (3) catastrophic injuries including paralysis and death. I agree to comply with all stated and customary rules and regulations, posted safety warnings and verbal instructions given to me by C&G staff. C&G staff is authorized to subjectively withdraw my participation in C&G classes, and access to C&G facilities if I am thought to be in any physical risk, until a physical letter from a doctor addressing specific C&G specific concerns and permitting participation, is furnished to C&G staff. By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me or my guest, and I hereby fully and forever release and discharge C&G, its insurers, employees, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities. By signing this agreement, I confirm that I have no medical or physical condition that would prevent me from properly using any of C&G Classes and Facilities, do not have a physical or mental condition that could put me in any physical or medical danger, and have not been instructed by a physician to refrain from physical exercise. I acknowledge that if I have any chronic disabilities or conditions, I am at risk in participating in C&G Classes, Events and Facilities, and should not partake in such activities.

Personal Training Waiver & Release

1. In consideration of being allowed to participate in the personal fitness training activities and programs of C&G and to the use of its facilities, equipment, and services in addition to the payment of any fee or charge, I do hereby forever waive, release, and discharge C&G and their officers, agents, employees, representatives, executors, and all others acting on their behalf from any and all claims or liabilities for injuries or damages to my person and/or property, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, arising out of or connected to the use of any equipment at various sites, including home, provided by and/or recommended by C&G and their officers, agents, employees, representatives, executors.
2. I have been informed, understand, and am aware that strength, flexibility, and aerobic exercises, including the use of equipment, are potentially hazardous activities. I also have been informed, understand, and am aware that fitness activities involve a risk of injury, including a remote risk of death or serious disability, and that I am voluntarily participating in these activities and using equipment and machinery with the full knowledge, understanding, and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.
3. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation or use of equipment or machinery. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in the exercise activities, programs, and use of exercise equipment. I also acknowledge that it has been recommended that I have yearly or more frequent physical examinations and consultations with my physician as to physical activity, exercise, and use of exercise equipment. I acknowledge that I have either had a physical examination and have been given my physician's permission to participate, or that I have decided to participate in the exercise activities, programs, and use of equipment without the approval of my physician and do hereby assume all responsibility for my participation in said activities, programs and use of equipment.
4. I understand that C&G's provision and maintenance of an exercise/fitness program for me does not constitute an acknowledgement, representation, or indication of my physiological well being, or medical opinion relating to thereto.

Full Name: _____

Signature: _____

Date: _____