

Arbor Acres Employee Release of Liability Fitness Center

I hereby make known my desire to use the Fitness Center equipment and pools, and participate in Arbor Acres Employee Wellness program during designated hours only. This may include any of the following classes such as, yoga, exercise class, aquatic class, walking on the track, use of equipment or pool. Employees are not permitted in the hot tub, but may use the exercise pool and lap pool. This also includes the use of the massage chair in the relaxation station. I have received a copy of the rules, have read and agree to them.

I acknowledge that before beginning participation in the Employee Wellness program and use of the Fitness Center equipment and pools that I will complete orientation with the Wellness Coordinator. I understand and acknowledge the risks associated with exercise and the use of the Fitness Center equipment and pools. I understand that **I will be participating at my own risk**. I acknowledge that it has been recommended that I consult with my physician before beginning any exercise program, especially if nursing or pregnant, or have any known medical conditions.

In consideration for being allowed to participate in the Arbor Acres Employee Wellness Program and utilize the Arbor Acres Fitness Center equipment and pools free of charge, I hereby agree that I shall not have or make any claim whatsoever against Arbor Acres, its staff, Board of Directors or anyone or any entity related to Arbor Acres if I sustain an injury. I hereby waive any claim I might otherwise have, and I hereby release Arbor Acres, its staff, Board of Directors or anyone or any entity related to Arbor Acres from any and all liability, whatsoever, that might result, arise out of, or arise in any way in connection with my participating in Arbor Acres Employee Wellness Program and or use of the Arbor Acres Fitness Center equipment and pools.

Signature

Print Name

Date
