



MEMBERSHIP TERMS & CONDITIONS – WAIVER & RELEASE

Acknowledgment of Risks, Injury & Obligations

- I acknowledge that the activity I am to undertake is a dangerous activity and that by participating in it I am exposed to certain risks. I acknowledge and understand that whilst participating in such activity:
- I may be injured, physically or mentally, or may die;
- My personal property may be lost or damaged;
- Other persons participating in such activity may cause me injury or may damage my property
- I may cause injury to other persons or damage their property
- The conditions in which the activity is conducted may vary without warning
- I may be injured or die or suffer damage to my property as a result of the negligence or breach of contract of Free Flow Academy
- There may be no or inadequate facilities for treatment or transport of me if I am injured
- I assume the risk of and responsibility for any injury, death or property damage resulting from my participation in the activity.

Release and Indemnity

I participate in the activity at my sole risk and responsibility. I release, indemnify and hold harmless Free Flow Academy, its servants and agents, from and against all and any actions or claims which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property whether by negligence, breach of contract or in any way whatsoever.

Administration

- Appropriate workout attire must be worn at all times while in the gym facility.
- Memberships are not refundable or transferable.
- All weights and equipment must be put back after use.
- Membership card and/or Photo ID cards (ie student card or drivers license) must be carried and shown upon request.
- Shared gym access with a non-member will result in forfeiture of membership effective immediately.
- Each member must respect other gym users and behave in an appropriate manner at all times.
- Free Flow Academy Staff reserves the right to rescind the rights of members not complying with the terms and conditions of the membership.
- I have read and agree with all of the above.

Signature: _____ Date: ___/___/___

or Parent/Guardian Signature: _____

for (print name) _____ age _____ Date: ___/___/___

for (print name) _____ age _____ Date: ___/___/___

for (print name) _____ age _____ Date: ___/___/___

for (print name) _____ age _____ Date: ___/___/___

Phone Number/Emergency Contact _____

Email _____

PLEASE RETURN THIS FORM TO THE FOLLOWING:

EMAIL: FreeFlowAcademy@gmail.com

FAX: (866) 531-8622 (Attn: Free Flow Academy)

Physical and Mailing Address: 1106 Tinker Rd, #150, Rocklin, CA 95765