



UNDER AGE CONSENT FORM

Participant's Name: _____

Age: _____

Date of Birth: ___/___/___

Parent/Gaurdian's Name: _____

Cell: _____

Email: _____

Alternate Contact: _____

Parent

Gaurdian

FLEX FITNESS CENTER POLICY

- Members ages 13 or younger are only permitted to use the Fitness Center with direct adult supervision (18+)
- Members ages 14-17 may use the Fitness Center without direct adult supervision, only when they have completed the parent/guardian consent form and agreed to the release of liability agreement

I, the undersigned parent/guardian of the minor participant named above give my permission for said individual to exercise in the Flex Fitness Center having met the Fitness Center Policy requirements listed above.

I understand that engaging in any physical exercise activity or using the Flex Fitness Center for any purpose may pose a serious risk to health or cause death. I understand that after starting to use the Fitness Centre, if said minor participant notices any changes in physical condition that may indicate a health risk by continued use of the Flex Fitness Center, it is strongly recommended that a physician be consulted to ensure that it is appropriate to continue to use the Flex Fitness Center. I agree that if said minor participant uses the Flex Fitness Center, they do so at their own risk.

I, on behalf of myself, my heirs, and executors, hereby release and discharge and covenant not to pursue Flex Fitness Center LLC, from and for any and all liability for all loss or damages, and any claims or demands therefore, on account of injury to said minor participant's person or property, including death, arising from use of the Flex Fitness Center; and I agree to indemnify and hold Flex Fitness Center and its agents harmless from any loss, liability, damage, or cost, including reasonable attorney fees that may occur as a result of or due to said minor participant's use of the Flex Fitness Center.

I have read, understood, and voluntarily accepted the conditions of the release of liability and the membership policies. I have read, understand and agree to the notice of assumption of risk - waiver and release for my minor participant.

Signature: _____
(Parent/Guardian)

Date: _____

Signature: _____
(Minor Participant)

Date: _____