



## **Waterman Village Wellness Center Consent and Release Form**

Waterman Village Wellness Center offers exercise equipment, including but not limited to strength, cardiovascular and testing devices, as well as individual and group exercise classes. The Wellness Center is not staffed by personnel from Waterman Village on a regular basis. Residents and employees utilize the Wellness Center do so at their own risk. It is recommended that Residents and Employees check with their personal physician before beginning Wellness Center activities and exercise.

By my signature below I am attesting that I understand I am fully responsible for monitoring my own condition throughout all exercise programs, classes and activities. Should any unusual symptoms occur, I will cease my participation and inform the Wellness Staff if available and I will always promptly inform my physician of those symptoms.

I have read and understand the above. In using the Waterman Village Wellness Center I do so at my own risk. I hereby agree to release and hold harmless Waterman Village Wellness Center, Waterman Communities Inc. its affiliates, officers, directors, and assigns, from all claims, suits, losses, or related causes of action for damages arising from of my use of Waterman Village Wellness Center or participation in health screenings, assessments, exercise programming and exercise classes. I agree to release and hold harmless all claims including, but not limited to my injury or death, accidental or otherwise, during or arising in any way from the Wellness Center activities and programs.

\_\_\_\_\_ Date \_\_\_\_\_  
Resident signature

\_\_\_\_\_  
Print name