

**LINCOLN RACQUET CLUB, LLC  
WAIVER AND RELEASE FORM**

Because physical exercise can be strenuous and subject to risk of serious injury, **LINCOLN RACQUET CLUB, LLC**, urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest, and all participating family members) agree that if you engage in any physical exercise or activity, or use any club amenity on the premises or off premises including any sponsored club event, you do so **entirely at your own risk**. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises **and assume all risks** of injury, illness, or death. We are also not responsible for any loss of your personal property.

This waiver and release of liability includes, without limitation, all injuries which may occur as a result of; (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction, (b) the sudden and unforeseen malfunctioning of any equipment (c) our instruction, training, supervision, or dietary recommendations and (d) you slipping and/or falling while in the club, or on the club premises, including adjacent sidewalks and parking areas. You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **release of liability**. You expressly agree to release and discharge **LINCOLN RACQUET CLUB, LLC** and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against **LINCOLN RACQUET CLUB, LLC** for personal injury or property damage.

**If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and only the offending provision or provisions are severed here from.**

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally. I hereby certify that I am the legal parent/guardian for all children listed and have full authority to sign on their behalf.

Signed by: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Minor Child Name: \_\_\_\_\_ Minor Child Name: \_\_\_\_\_

Minor Child Name: \_\_\_\_\_ Minor Child Name: \_\_\_\_\_

Dated: \_\_\_\_/\_\_\_\_/\_\_\_\_\_