



MEMBERSHIP FORM

MEMBER NAME: _____ ADDRESS: _____

ADDITIONAL MEMBER NAMES: _____

PHONE #: _____ EMAIL: _____

MEMBERSHIP TYPE: (please circle one) STUDENT				PAYMENT METHOD: (please circle one)		
SINGLE	DUAL	FAMILY	SPECIAL/OTHER	CASH	CREDIT/DEBIT	CHECK

If paying by credit/debit I, _____, authorize FLASH FITNESS 24/7 to charge my account monthly in the amount of \$ _____ until further notice or request of membership cancellation.

WAIVER AND RELEASE

You (each member, guest, or participant) agree that if you engage in any physical exercise or activity, or use any gym amenity on the premises of FLASH FITNESS 24/7, 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, regardless of negligence, 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) your slipping and/or falling while in the gym, or on the gym premises, including adjacent sidewalks and parking areas.

You (each member, guest, or participant) agree to pay for all damages to the facilities of FLASH FITNESS 24/7 caused by your negligent, reckless, or willful actions.

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 FLASH FITNESS 24/7, 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 the gym for negligence, personal injury or property damage.

IN CASE OF EMERGENCY, CONTACT: _____ PHONE: _____

SIGNATURE: _____

PRINTED NAME: _____ DATE: _____